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ABSTRACT

This manual contains multiple choice questions to be used in testing students on nurse training objectives. Each test includes several questions covering each concept. The concepts in section A, medical surgical nursing, are diseases of the following systems: musculoskeletal; central nervous; cardiovascular; gastrointestinal; urinary and male reproductive; endocrine; ear, eye, nose, and throat; also skin disorders and allergies, neoplastic diseases, and geriatric and rehabilitative nursing. Section B, mental health nursing, covers mental health and personality development. Section C, advanced personal vocational relationships, discusses the legal and ethical responsibilities of the licensed practical nurse. All sections also include answer sheets. (CT)

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TEST POOL QUESTIONS
AREA III

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PREFACE

Manuals containing questions for use in testing information covered in Practical Nursing I and II have been very effective. Instructors have been able to choose the multiple choice questions applicable to the area of nursing being taught and implement their methods of teaching. *Test Pool Questions: Area III* was developed to cover the information given in Practical Nursing III. Every effort was made to relate the questions to these units of instruction.

Because of the need to prepare students for the state board exam, multiple choice questions using related case studies were chosen and validated by a committee of knowledgable practical nursing instructors.

We hope this manual will complete an effort to provide every opportunity for instructors to measure the knowledge of students anticipating state board exams.

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State Department of Health Occupations Education

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USE OF THIS PUBLICATION

This manual has been prepared to facilitate testing of *Nursing III* objectives with multiple choice questions. Each test was prepared with several questions covering each concept; however, a test will not necessarily measure each specific objective. This will give a variety of questions for testing to be used year after year. Instructors should use the questions best related to their own method of presentation.

The table of contents corresponds to the major tabs and subtabs of *Nursing III* and indicates where questions relating to a certain subject are presented. Because of commonalities of content material, some units were combined.

The test is not to be used in its entirety. Each instructor should be very selective in choosing questions best related to the objectives which they represent and then reproduce them for class use. An answer key is supplied at the end of each test. There may be situations where the answer key does not correspond to your specific situation. Feel free to change the wording so that it will apply to your method or area of instruction.

ANSWER SHEET

1. _____	26. _____	51. _____	76. _____	101. _____
2. _____	27. _____	52. _____	77. _____	102. _____
3. _____	28. _____	53. _____	78. _____	103. _____
4. _____	29. _____	54. _____	79. _____	104. _____
5. _____	30. _____	55. _____	80. _____	105. _____
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ANSWER SHEET

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150. _____	175. _____	200. _____	225. _____	250. _____

[redacted]

Medical
Surgical Nursing

DISEASES OF THE MUSCULOSKELETAL SYSTEM
UNIT I

1. A degenerative joint disease usually present to some extent in older persons is:

   a. gout
   b. osteoarthritis
   c. spondylitis
   d. osteomyelitis

2. The patient's bone was completely broken, with both ends of the bone out of position. The doctor applied traction to the broken leg to:

   a. relieve the pain
   b. pull the two ends of the bone into place
   c. avoid placing his leg in a cast
   d. avoid infection

3. A physician who specializes in the diagnosis and treatment of injuries of the musculoskeletal system is called an:

   a. orthopedist
   b. orthotherapist
   c. orthotist
   d. orthodontist

4. Gout is a form of:

   a. arthritis
   b. bursitis
   c. scoliosis
   d. osteomyelitis

5. Which of the following is not a function of both muscular and skeletal systems?

   a. Protect vital organs
   b. Assist body movement
   c. Produce heat energy
   d. Maintain support and posture

6. A common pediatric disorder of the musculoskeletal system is:

   a. osteomalacia
   b. spondylitis
   c. talipes equinovarus
   d. rhinitis

7. The treatment of choice for the above disorder is:

   a. surgery
   b. casting
   c. traction
   d. chemotherapy

8. The fracture line of a greenstick fracture is:

   a. incomplete
   b. at an angle and complete
   c. overriding
   d. splintered

9. The popliteal area is the:

   a. posterior surface of the knee
   b. posterior surface of the chest
   c. elbow
   d. posterior surface of the thigh

10. Tenosynovitis is defined as what type of condition or disorder?

    a. Metabolic
    b. Congenital
    c. Inflammatory
    d. Degenerative

11. A symptom of bursitis is:

    a. limited motion
    b. pain caused by muscle hypertrophy
    c. numbness
    d. edema caused by muscle atrophy

12. To prevent the weight of bedclothes on sore, painful joints, which of the following may be used?

    a. Sand bags
    b. Bed cradle
    c. Heat lamp
    d. K-thermo pad

13. The skin under the cast that has just been removed is covered with an exudate of dead skin and secretions from the glands. The skin may be cleaned by:

    a. soaking in normal saline solution
    b. scrubbing with pHisoHex
    c. using cotton and alcohol
    d. washing gently with mild soap and water and applying baby oil

14. A curvature of the spine that is lateral is defined as:

a. kyphosis
b. lordosis
c. scoliosis
d. phimosis

15. The joints most affected by gout are:

a. big toe, wrist, and hip
b. ankle, knee, and wrist
c. big toe, ankle, knee, and instep
d. shoulder, elbow, and ankle

16. The chief function of the sacs called bursae is to:

a. provide a sheath for tendons
b. prevent friction of articulating joints
c. protect blood vessels
d. prevent infections

17. Frequently, treatment of a slipped disk or ruptured disk will include:

a. Russell's traction
b. pelvic traction
c. Buck's extension
d. hyperextension

18. Small children with femoral fractures who weigh up to 30 pounds are sometimes treated with what type of traction?

a. Russell's
b. Buck's extension
c. Pelvic
d. Bryant's

19. The two basic types of traction are:

a. Buck's and Bryant's
b. Kirschner and Steinmann
c. opened and closed
d. skin and skeletal

20. The nurse is instructed in the need for careful handling of a wet cast to prevent:

a. indentations that will cause pressure points when cast dries
b. the cast from drying too rapidly
c. the cast from remaining wet and rubbery
d. bruising the skin

21. A symptom of infection under a cast may be:

a. hypothermia
b. a foul odor
c. a decreased pulse rate
d. decreased leukocytes

22. Reduction of a fracture refers to:

a. use of a metal plate
b. a surgical procedure
c. bringing bone fragments into proper alignment
d. application of a cast

23. A common complication of an open reduction is:

a. infection
b. shock
c. hemorrhage
d. abdominal distention

24. The aim of the treatment and nursing care for a patient with rheumatoid arthritis includes all of the following except:

a. isolating the patient
b. prevention of contractures
c. control of pain
d. strengthening the muscles

25. Scoliosis may be defined as:

a. a humped back
b. a bone infection
c. bone grafts to vertebrae
d. a lateral curvature of the spine

26. If a small baby is placed in a spica cast, the most difficult nursing task will be:

a. keeping the cast clean and dry
b. maintenance of correct body alignment
c. taking steps to insure normal emotional growth
d. feeding the baby

27. A fracture that has three or more pieces is a:

a. simple fracture
b. compound fracture
c. comminuted fracture
d. greenstick fracture

28. Areas from which bone marrow are drawn for testing include the:

a. sternum, iliac crest, and femur
b. iliac crest and pubis
c. sternum and iliac crest
d. sternum and patella

29. When log-rolling a patient, the nurse should remember to:

a. have the patient help by pulling herself over with the use of the bed rails
b. keep the patient's spine in a straight line
c. make the patient comfortable by placing pillows under her head
d. turn the patient infrequently because this is a dangerous method

30. When a patient's diagnosis is osteomyelitis, you might expect his treatment to include all but:

a. surgical intervention
b. a great deal of active and passive exercises for the affected part
c. antibiotic therapy
d. immobilization of the affected part

31. If a nurse notices blood on a cast after a surgical procedure, the best course of action would be to:

a. make sure that the head nurse notifies the doctor at once
b. call for someone to cut the cast
c. circle the area, note the time, and check frequently to note the rate and amount of increase
d. ignore it because this is common after surgery

32. In the prevention of deformities in a patient with rheumatoid arthritis, you should explain to the patient that it is important to:

a. rest the inflamed joints completely
b. exercise the unaffected joints
c. exercise the affected joints regularly
d. rest the affected and unaffected joints completely

33. Osteomyelitis is:

a. a progressive degeneration of the bone
b. a condition in which the bones become decalcified
c. an infection of the bone
d. a congenital deformity of the bone

34. Gout is caused by:

a. prolonged systemic infections
b. the tubercle bacillus
c. a disturbance in purine metabolism
d. obesity

35. A complication of rheumatoid arthritis is:

a. foot drop
b. ankylosis
c. headaches
d. tophi

36. Tophi occur in:

a. Pott's disease
b. gout
c. osteoarthritis
d. rheumatoid arthritis

37. Following surgery for a hip arthroplasty, a pillow is placed between the knees to prevent:

a. accidental adduction
b. accidental abduction
c. external rotation of the leg
d. hyperextension of the knee and ankle

38. Osteoarthritis is:

a. rarely seen under the age of 65
b. more common in women
c. frequently due to an earlier infectious process
d. a reflection of the generalized aging process

39. Purines are the end products in the digestion of:

a. fats
b. carbohydrates
c. certain types of proteins
d. all sugars

40. When taking allopurinol (Zyloprim) or other drugs for gout, it is recommended that the patient increase fluid intake to:

a. dissolve any stones that may form in the urinary tract
b. reduce the possibility of urate stone formation in the kidney
c. wash out any stones that may form
d. prevent fever

41. Arthritis is best defined as:

a. an infection of the bone
b. an allergic reaction to certain substances
c. an inflammation of the joints
d. a disease of the muscles and tendons which makes motion very painful

42. The most crippling type of arthritis is:

a. rheumatoid arthritis
b. osteoarthritis
c. traumatic arthritis
d. gouty arthritis

43. Since large doses of salicylates are administered to the arthritic patient, the practical nurse should know the symptoms of a toxic reaction to the drug. These include:

a. ringing in the ears and a headache
b. severe dehydration and hypotension
c. diarrhea
d. blurred vision and a headache

Ms. S., a 35-year-old accountant, was admitted to the medical service complaining of swollen, reddened, shiny joints. She complained of feeling very tired. A temperature of 100 degrees F. was recorded. A diagnosis of rheumatoid arthritis was made.

44. The incidence of rheumatoid arthritis is higher in:

a. males
b. overweight persons
c. the older age group
d. females

45. The cause of rheumatoid arthritis is:

a. a streptococcal infection
b. overfatigue
c. obesity
d. unknown

46. Heat therapy for arthritis is often prescribed to:

a. prevent deformities
b. lessen the possibility of contractures
c. increase circulation to the affected parts
d. decrease circulation to the affected parts

47. Ankylosis is best defined as:

a. brittleness of the bone
b. a permanent fixation of a joint
c. overstretching of the muscles around a joint
d. a permanent contraction of the muscles of the ankle

Mr. Smith is brought to the hospital emergency room after falling in his home. He is 67 years old and was in fairly good health before his accident. He is experiencing pain in his right leg.

48. When transporting Mr. Smith from the scene of the accident to the hospital, it is most important to:

a. immobilize the injured leg before attempting to move him
b. keep the right leg bent
c. apply hot compresses to the leg to relieve the pain
d. apply traction or a steady pull to the lower part of the injured leg to reduce the fracture and then apply a splint

49. A diagnostic test that the nurse might expect to be done as soon as Mr. Smith arrives at the hospital would be:

a. a culture from the injured part
b. a biopsy of the injured bone
c. a sensitivity test
d. an x-ray study

50. Mr. Smith sustained a closed fracture. This means that:

a. the bone was broken and shattered into many fragments
b. the bone was broken but there was no protrusion of fragments through the skin
c. the bone was partially bent and partially broken
d. there was no evidence of injury to the bone

51. The fracture was located in the bone of the upper leg. This bone is called the:

a. femur
b. radius
c. tibia
d. fibula

52. Mr. Smith complained of severe pain after his fall. Fractures are accompanied by pain because:

a. bones contain many nerve endings
b. there are spasms of the muscles attached to the bone that is broken and damage to the surrounding soft tissues
c. there is always severe hemorrhage with a fracture
d. the skin is broken whenever there is a fracture and the nerve endings are exposed

53. The procedure used to treat Mr. Smith's fracture was open reduction of the fracture and internal fixation. This was done by:

a. making the bone smaller by removing bone fragments
b. manual manipulation of the broken bone and surrounding muscles
c. surgical removal of bone tissue
d. bringing the two ends of bone into proper alignment through a surgical opening

54. Internal fixation means that:

a. the joint of the bone is immobilized in a fixed position
b. a surgical incision was necessary to treat the fracture
c. the broken bone has been permanently attached to a stronger bone
d. a support such as a metal plate, pins, or screw has been applied to stabilize the bone

55. Postoperatively, Mr. Smith is to be turned every two hours. This changing of position is necessary to prevent:

a. hypostatic pneumonia and circulatory stasis
b. excessive nausea and vomiting
c. spasms of the muscles resulting from being in one position too long
d. postoperative shock

56. Mr. Smith does not want to drink milk. This may lead to a deficiency in calcium which is important in the:

a. formation of bone tissue and maintenance of strong bones in the body
b. building of hemoglobin
c. regulation of the body's acid-base balance
d. prevention of stiffness of the joints

Maria is a 19-year-old college student who suffered a fractured femur in an automobile accident. The fracture was reduced and the patient was placed in a cast that covered the trunk of the body and the affected leg.

57. A cast that covers the trunk of the body and one extremity or more is called a:

a. spica cast
b. long leg cast
c. walking cast
d. Stryker cast

58. A cast is most often applied for the purpose of:

a. immobilizing the part to allow it to rest for a period
b. protecting the skin and soft tissues of the body
c. preventing contamination of a wound
d. preventing fractures

59. A newly applied cast is usually not dry for a number of hours. When transferring the patient in a wet cast from the stretcher to her bed:

a. there should be enough personnel available to lift the patient onto the bed with ease
b. the cast should be grasped firmly with the fingertips to eliminate the danger of dropping the patient
c. the crossbar between the extremities should be used to lift the patient
d. the patient should always be placed on her abdomen

60. When lifting the patient from the stretcher to the bed, there will be less strain on the body of the patient and the backs of those lifting if:

a. all personnel lifting the patient will hold their knees straight
b. one person will count and all lift in unison
c. those lifting will stand on opposite sides of the stretcher
d. at least five persons are available to help lift the patient

61. While the cast is wet:

a. pillows should be used to support the curves of the cast
b. the patient in a body cast must have a pillow under the head and shoulders
c. a heat cradle should be used to support the weight of the top covers and hasten drying of the cast
d. the cast must be covered with at least two cotton blankets

62. The nurse may expect the patient to have some swelling under the cast soon after it is applied, but an excessive amount of swelling may impair circulation. A sign of impaired circulation is:

a. a bluish gray discoloration of the skin
b. excessive redness of the skin
c. the skin feels clammy to the touch
d. the skin feels hot and looks inflamed

63. If Maria complains of numbness or a tingling sensation under the cast, the nurse should realize that:

a. this will subside as soon as she gets used to wearing the cast
b. there is always some numbness and tingling of the skin under the cast
c. these may be signs of pressure on the nerves and should be reported immediately to the nurse in charge or to the physician
d. as soon as the cast dries these symptoms will disappear

64. Maria had been a very active person before her injury and she quickly became despondent when she realized that she would have to remain in the cast until her leg healed. When she asked the practical nurse how long it would be before she could walk again, the best reply would have been:

a. "Don't worry about that now because there is nothing you can do about it"
b. "I don't know, but I am sure you wouldn't want to get up too soon and be crippled for life"
c. "Why don't you ask the doctor when he comes? I've never taken care of a patient in this kind of a cast before and I don't know anything about it"
d. "You have many things in your favor--good health, youth, and the desire to get well. It won't be easy for you to stay in the cast, but I am sure the doctor will let you up as soon as it is safe"

65. Since time will certainly drag for Maria if she has nothing to do but lie in bed and stare at the ceiling, the nurse should help her by:

a. showing interest in Maria's schoolwork and encouraging her to continue her studies while in the cast
b. making an exception to hospital rules and allowing unrestricted visiting privileges for Maria's friends
c. advising Maria's parents that she will have to stop acting like a child and learn to accept her illness without complaint
d. buying her magazines and bringing in a stereo

66. Assuming that Maria is in a fairly large hospital, which department could be most helpful in solving Maria's problem of boredom?

a. Diet therapy
b. Physical therapy
c. Social service
d. Occupational therapy

67. When Maria's cast was removed, the skin under it was very dry and scaly. Which of the following nursing measures should be taken to relieve this condition?

a. Rub the skin with alcohol to remove any bacteria that may cause an infection
b. Apply lotion or oil to the skin after bathing the area
c. Apply continuous warm saline compresses to the area
d. Scrub the skin vigorously to remove the scales

68. The day Maria was dismissed from the hospital her parents expressed their appreciation for the care given their daughter and offered you a tip for your services. The best action in this situation would be to:

a. refuse the tip, saying that it is beneath your dignity to accept any gift or tip
b. accept the tip and split it evenly among the other personnel who helped care for Maria
c. refuse the tip, saying that it was a pleasure to care for her and that seeing her recover from the accident was reward enough
d. tell them that only the head nurses are allowed to accept tips from patients or their families

Walter Wilson is a young man who was injured while working on the construction of a building. He suffered a fracture of the large bone in his lower leg. The fracture was reduced and traction was applied.

69. The large bone in the lower leg is called the:

a. fibula
b. tibia
c. radius
d. humerus

70. Traction was applied to Mr. Wilson's leg for the purpose of:

a. exerting pressure on the muscles of the leg
b. elevating the injured leg
c. removing any weight-bearing on the injured leg
d. exerting a pull on the limb to hold it in a certain position

71. Weights from Mr. Wilson's traction apparatus may be removed:

a. when he goes to x-ray
b. only by the physician
c. at mealtime so he can sit up and eat
d. while his bed is being made

72. A trapeze bar was installed over Mr. Wilson's bed to facilitate his moving about in bed. When Mr. Wilson uses the trapeze to lift himself, he should:

a. wait until the weights have been removed from the traction apparatus
b. be able to get onto the bedpan without assistance
c. be told that he must not change position unless supervised by the nurse or physician
d. be instructed to lift himself straight up toward the trapeze to avoid altering the amount of pull exerted on the fractured leg

73. Mr. Wilson complained that his foot and leg in traction were cold. To provide warmth for the limb it would be best to:

a. apply several hot water bottles
b. wrap the leg in a wool blanket
c. use a heat cradle with a 100-watt bulb
d. place a small blanket over the limb

74. When several pieces of bone protrude through the skin, the fracture is:

a. simple, open
b. greenstick
c. compound, open
d. compound, closed

75. The branch of medical science concerned with preservation and restoration of the musculoskeletal system is known as:

a. arthopod
b. orthopedics
c. skeletal diagnosis
d. orthopedic technology

Sandra, 14 years of age, was hit by an automobile while riding her bicycle She was admitted to the orthopedic service of the hospital. X-ray examination disclosed fractures of the right forearm, the right femur, and the left knee. She also had minor abrasions and contusions.

Treatment included open reduction of the femur and the application of a hip spica cast. A cast was applied to the simple fracture of the right radius, and the left knee was placed in splints secured with an elastic bandage.

The following statements relate to Sandra and her nursing care. Read each statement carefully.

76. While Sandra is in surgery, you prepare her bed by:

a. placing boards between the mattress and the springs
b. having heating pads available
c. elevating the foot of the bed with blocks
d. placing an alternating pressure pad over the mattress

77. When Sandra is returned to her room, she is lifted carefully onto the bed using:

a. a sheet and pulling her gently onto the bed from the stretcher
b. six people to lift her
c. the palmar surface of the hands when lifting her
d. the abduction bar to lift her

78. While the cast is wet, it should be:

a. covered to prevent rapid drying
b. left uncovered
c. dried quickly with a heat lamp
d. fanned every 15 minutes

79. Since Sandra will be in the cast for a long time, you will protect the cast by:

a. keeping it covered with a sheet
b. finishing the raw edges to prevent plaster from irritating the skin or pedaling the cast
c. washing it with soap and water
d. scrubbing it weekly with pHisoHex

80. When Sandra is in the supine position, placing too many pillows under her head could cause:

a. pain in the right leg
b. the abduction bar to break
c. the edge of the cast to cut into her abdomen
d. the edge of the cast to cut into her back

81. The diet of a patient in a hip spica cast should be:

a. whatever the patient wants to eat
b. high in carbohydrates
c. low in protein and minerals
d. carefully regulated to prevent excessive gain in weight

82. Since there is some atrophy and weakening of the muscles caused by immobilization, Sandra should be referred to the:

a. physical therapist
b. occupational therapist
c. vocational rehabilitation counselor
d. psychiatrist

Mr. D., a 39-year-old teacher, was admitted to the emergency room following a fall from a ladder. After it was determined by x-ray that his left leg was fractured above the knee, he was admitted to the hospital. The left leg was placed on a frame and put in traction with a K-wire.

83. The type of traction used on Mr. D's left leg is:

a. skin
b. temporary
c. cervical
d. skeletal

84. The purpose of applying the traction is to:

a. exert pressure on the muscles of the leg
b. remove weight-bearing on the injured leg
c. elevate the injured leg
d. exert pull on the leg to hold it in a certain position

85. The physician has asked that the foot of the bed be elevated 12 inches. The reason for this is to:

a. prevent edema of the extremity
b. keep the weights off the floor
c. provide countertraction
d. facilitate venous return

86. Countertraction means:

a. pulling in the opposite direction
b. pulling the weights 10 inches off the floor
c. pulling the distal end of the bone into position with the proximal end of the bone
d. keeping an overhead pulley in line with a pulley at the foot of the bed

87. A toxic symptom that may result from large doses of aspirin may be:

a. chills
b. diarrhea
c. gastrointestinal distress
d. increased urinary output

Mr. B., an 86-year-old man, was admitted to the hospital for evaluation of his general condition and diagnosis, which revealed a pathologic fracture of the right leg and benign prostatic hypertrophy. He was having a great deal of pain in his right leg and frequent urination.

88. Pathologic fractures occur most frequently during:

a. adolescence
b. old age
c. infancy
d. middle age

89. Traction was placed on Mr. B's right leg during the time his general condition was being evaluated. When caring for the patient in traction, the nurse should:

a. put the weights on the floor while making the bed
b. be sure patient's feet are against the footboard
c. keep the weights hanging freely
d. be sure toes are covered

90. People who suffer from arthritis frequently turn to patent medicines for relief. Most of those medicines are:

a. dangerous to the general health of the patient
b. effective in curing only a few cases of arthritis
c. not effective in severe cases
d. mild pain relievers that delay the person from receiving adequate medical care

91. Which of the following is not a drug commonly used in the treatment of arthritis?

a. Anticoagulants
b. Gold preparations
c. Salicylates
d. Steroids

92. A valuable laboratory test used to diagnose disorders of the musculoskeletal system determines levels of:

a. calcium or phosphorous
b. purines or uric acid
c. potassium or chloride
d. white or red blood cells

93. After an amputation, the patient may complain of pain in the missing limb. This pain is referred to as:

a. imagined pain
b. phantom pain
c. referred pain
d. severe pain

94. A sprain or dislocation is classified as a closed wound because:

a. anaerobic germs have been introduced
b. swelling of tissue occurs
c. tissue fluid accumulates in the part
d. the skin surface is not broken

95. Unless the patient with a dislocation remains immobilized long enough for healing to complete, the individual might expect:

a. joint deformity
b. future dislocation of the part following slight strain
c. permanent loss of function
d. production of excess granulation tissue

96. Before moleskin is used on the patient in skin traction, tincture of benzoin is painted on the skin to:

a. lessen skin irritation
b. remove tiny body hairs
c. slow the growth of hair
d. sterilize the skin

97. To keep the feet and legs in good physiological position while a patient is lying on her back, it will be necessary to:

a. place a footboard at the bottom of the mattress
b. use foam rubber doughnuts under the heels
c. use sandbags to prevent movement
d. to miter the sheet and bedspread firmly for support

98. An effective treatment of an inflammation that the practical nurse can carry out without a doctor's order is:

a. rest of the part
b. the application of heat
c. the application of cold compresses
d. an injection of penicillin

99. In the first aid care of the patient with a compound fracture, the greatest effort will be made to prevent:

a. infection
b. added trauma to the soft tissue
c. contractures
d. charges of malpractice

100. Treatment and nursing care of the fracture patient should be directed toward:

a. complete rehabilitation
b. a permanent cure
c. the return to normal activity as soon as possible
d. prevention of muscle weakness

101. The patient has just had a leg cast applied. Any circulatory disturbance can be corrected early when the nurse makes a frequent check of:

a. blood pressure
b. edges of the cast
c. color and temperature of the affected part
d. buttocks for evidence of pressure sores

102. The patient with multiple fractures who must remain in bed in a large body cast for several months will need a diet plan that will include:

a. stimulants to offset his periods of depression
b. high-caloric foods to give him enough energy for crutch walking
c. sufficient roughage to prevent constipation
d. low-residue foods because it is hard for him to use a bedpan

103. To prevent an excess of calcium from being removed from bone to help develop new bone, the diet of a fracture patient should include generous amounts of:

a. lean meat
b. green and yellow vegetables
c. citrus fruits and tomatoes
d. milk products

104. Following an amputation, the immediate postoperative complication that is most serious is:

a. gas gangrene
b. hemorrhage
c. infection
d. contractures

105. In an attempt to prevent a contracture of the thigh after a lower leg amputation, the patient must be regularly encouraged to:

a. exercise daily from the first day
b. lie on her abdomen twice daily
c. massage the stump daily
d. begin using her prosthesis at once

106. The pattern of rheumatoid arthritis is characterized by:

a. its chronicity
b. remissions and exacerbations
c. little relief from aches and pains
d. periods of ambulation alternating with periods of helplessness

107. An early symptom of tuberculosis of the bone that may not be recognized as serious by parents is:

a. an elevated temperature
b. easy fatigue
c. night cries
d. pain in the vertebrae

108. The major source of vitamin D is:

a. sunlight
b. goats' milk
c. oranges
d. green leafy vegetables

109. A patient in traction should be encouraged to:

a. move the affected extremity
b. lie perfectly quiet
c. exercise the unaffected extremity
d. turn from side to side

110. ACTH helps to relieve pain in rheumatoid conditions. ACTH is classified as:

a. a hormone
b. an analgesic
c. an antispasmodic
d. a vasoconstrictor

111. Which of the following drugs affects the skeletal system?

a. Calcium Gluconate
b. Adrenalin
c. Ilopan
d. Aspirin

112. Which of the following drugs is not a hormone?

a. Prednisone
b. Hydrocortisone
c. ACTH
d. Indocin

113. Nailing a fractured hip is often the procedure of choice because:

a. Buck's traction can be used with it
b. there are fewer cases of wound infection
c. early ambulation is possible
d. there is less chance of arthritis developing in that hip later

DISEASES OF THE MUSCULOSKELETAL SYSTEM
UNIT I

ANSWER SHEET

1.	b	26.	a	51.	a
2.	b	27.	c	52.	b
3.	a	28.	c	53.	d
4.	a	29.	b	54.	d
5.	c	30.	b	55.	a
6.	c	31.	c	56.	a
7.	b	32.	c	57.	a
8.	a	33.	c	58.	a
9.	a	34.	c	59.	a
10.	c	35.	b	60.	b
11.	a	36.	b	61.	a
12.	b	37.	a	62.	a
13.	d	38.	d	63.	c
14.	c	39.	c	64.	d
15.	c	40.	b	65.	a
16.	b	41.	c	66.	d
17.	b	42.	a	67.	b
18.	d	43.	a	68.	c
19.	d	44.	d	69.	b
20.	a	45.	d	70.	d
21.	b	46.	c	71.	b
22.	c	47.	b	72.	d
23.	a	48.	a	73.	d
24.	a	49.	d	74.	c
25.	d	50.	b	75.	b

76. a
77. c
78. b
79. b
80. c
81. d
82. a
83. d
84. d
85. c
86. a
87. c
88. b
89. c
90. d
91. a
92. a
93. b
94. d
95. b
96. a
97. a
98. a
99. a
100. c
101. c
102. c
103. d
104. b
105. b
106. b
107. c
108. a
109. c
110. a
111. a
112. d
113. c

DISEASES OF THE CENTRAL NERVOUS SYSTEM
UNIT II

1. The word hemiplegia means paralysis of:

   a. one side of the body
   b. all four extremities
   c. the upper extremities
   d. the lower extremities and lower half of the body

2. Flaccid paralysis is a condition in which the muscles are:

   a. limp and flabby
   b. tense and rigid
   c. unable to function on one side of the body
   d. tense and flabby

3. Mealtime for the paralyzed patient can be made more pleasant if:

   a. the nurse feeds the patient to prevent accidents and spilling of food
   b. the patient is left to do everything and is thus encouraged to help herself
   c. the nurse encourages the patient to assist as much as possible
   d. the family feeds the patient

4. Following a head injury, sedatives and analgesics are:

   a. given to prevent convulsions
   b. usually discouraged to prevent masking the symptoms
   c. given routinely every four hours
   d. given intramuscularly

5. About half of the known epileptics describe a feeling of warning that an attack is beginning. This is called:

   a. prodromal symptoms
   b. the sequela
   c. the aura
   d. an obsession

6. Which drug is more effective for grand mal seizures than it is for petit mal?

   a. Dilantin
   b. Tridione
   c. Paradione
   d. Milontin

7. Which drug is more effective for petit mal epilepsy?

   a. Dilantin
   b. Mysoline
   c. Mesantoin
   d. Tridione

8. Mr. Davis has symptoms of tremor, slow monotonous speech, dysphagia, drooling, emotional lability, masklike faces, and shuffling gait with the trunk forward. These symptoms indicate:

   a. multiple sclerosis
   b. myasthenia gravis
   c. Parkinson's disease
   d. tabes dorsalis

9. The drugs used to alleviate Mr. Davis' symptoms are:

   a. ACTH and Papaverine
   b. Artane and L-Dopa
   c. Librium and Norflex
   d. Prostigmine and Tensilon

10. Ms. Olsen is scheduled for a pneumoencephalography. This procedure consists of an injection of:

    a. air directly into the ventricles of the brain
    b. a dye into the lumbar subarachnoid space
    c. a radioactive substance intravenously
    d. air into the lumbar subarachnoid space and then into the ventricles of the brain

11. A craniotomy is to be performed on Ms. Olsen. It will be done using hypothermia because this minimizes:

    a. bleeding
    b. blood pressure
    c. postoperative edema
    d. headache

12. A disease characterized by severe facial pain is:

    a. trigeminal neuralgia
    b. Gillian Barre
    c. Bell's palsy
    d. myasthenia gravis

13. Aphasia is:

    a. a disturbance of language function
    b. inability to coordinate walking muscles
    c. drooling when one sees a banana split
    d. inability to swallow

14. Spinal fluid is:

a. clear and colorless
b. clear and serosanguineous
c. thick and viscus
d. clear and yellow

15. Progressive dilatation of the pupils following a head injury indicates:

a. increased intracranial pressure
b. decreased intracranial pressure
c. decreased pressure on eyes
d. increased pressure on eyes

16. Myasthenia gravis is a disease characterized by:

a. too much acetylcholine in the muscles
b. a tense diaphragm
c. extreme muscular weakness
d. hyperactivity of the muscles

17. Muscular dystrophy is characterized by:

a. irritation of the nerves
b. progressive weakness and final atrophy of groups of muscles
c. marked scoliosis
d. hypertrophy of groups of muscles

18. Sleeping sickness is the lay term for:

a. encephaloma
b. encephalitis
c. encephalon
d. Parkinson's disease

19. Shunting is a procedure done in which of the following?

a. Epilepsy
b. Encephalitis
c. Hydrocephalus
d. Spina bifida

20. Which of the following is usually associated with spina bifida?

a. Rectocele
b. Myectomy
c. Myelomeningocele
d. Myeloblast

21. Bulbar polio would involve:

a. only mild gastrointestinal and respiratory symptoms of mild duration
b. the upper portions of the central nervous system
c. probably only the lower extremities
d. persons receiving the Sabin vaccine

22. To distinguish between meningitis, encephalitis, and poliomyelitis, the most important laboratory test is:

a. examination of throat and stool culture
b. white blood cell count
c. examination of cerebral spinal fluid
d. urinalysis

23. The branch of medicine concerned with the study of the nervous system and its diseases is known as:

a. neuritis
b. neurology
c. neuralgia
d. neurologist

24. The neurological examination performed by the physician is designed to:

a. measure pressure of the cerebrospinal fluid
b. determine the presence of abnormal configurations within the skull
c. detect the presence of obstruction in the spinal cord
d. measure the ability of the body to perform certain motor and sensory functions

25. An electroencephalogram is a diagnostic procedure which is:

a. an x-ray visualization of the skull by the injection of air
b. a tracing of the brain waves
c. an injection of radiopaque liquid into the vertebral artery
d. an x-ray contrast study

26. A convulsion is usually a/an:

a. sign of mental retardation
b. symptom rather than an illness
c. indication of muscle weakness
d. condition which leads to death

27. The nurse who is giving care to a patient who has expressive aphasia should:

a. speak loudly and clearly when necessary to speak
b. refrain from talking since the patient cannot respond
c. use a magic pad or written communication
d. communicate as he would if the patient could talk

28. The patient with a seizure disorder who requires the most intensive nursing care is the one who has:

a. grand mal seizures
b. petit mal seizures
c. Jacksonian seizures
d. status epilepticus

29. If a nurse is assigned to care for a patient who has a chronic seizure disorder, she should have at hand:

a. some anticonvulsant medication
b. a metal airway
c. a first aid kit
d. a padded tongue blade

30. Signs of meningeal irritation might include:

a. increased blood pressure
b. neck and back pain
c. respiratory difficulty
d. papilledema

31. Opisthotonos is:

a. a shrill cry made by brain-damaged infants
b. a type of seizure
c. a position of arched back and hyperextended neck assumed by persons who have meningeal irritation
d. the fetal position

32. One of the most important aspects of nursing care of patients with head injuries is:

a. restraining the patient to prevent self-injury
b. administration of sedatives to avoid convulsions
c. careful observation of the patient's vital signs
d. prevention of paralysis by frequent turning

33. An unconscious patient must <u>not</u> be given food or fluids by mouth because:

a. the swallowing reflex is lost
b. food accumulates in the mouth and is swallowed infrequently
c. the patient cannot chew them adequately
d. complications are always fatal

34. Parkinson's disease affects the:

a. myelin sheath
b. basal ganglion
c. nerve transmission at the neuromuscular junction
d. synapse

35. Trigeminal neuralgia involves:

a. branches of the 5th cranial nerve
b. branches of the 7th cranial nerve
c. the intercostal nerves
d. the ventricles

36. All of the following are characteristic symptoms of Parkinson's disease except:

a. "pill-rolling" movement of the fingers
b. loss of coordination
c. drooping of the eyelids
d. loss of memory

37. The paralyzed patient must be very carefully watched for evidences of pressure sores because:

a. the patient cannot feel the effects of pressure
b. the patient does not complain
c. nourishment is decreased to the danger areas
d. the temperature may be high

38. An example of an anticonvulsant drug is:

a. Aspirin
b. Demerol
c. Dilantin
d. Morphine

39. A patient with multiple sclerosis may manifest all of the following symptoms except:

a. speech difficulties
b. pain
c. bowel incontinence
d. difficulty in walking

40. A lumbar puncture may be performed for all of the following reasons except to:

a. measure the pressure within the cerebrospinal cavities
b. obtain a specimen for laboratory examination
c. check for blood in the arachnoid space
d. increase intracranial pressure

41. Meningococcal infections are spread by:

a. water
b. food
c. droplets
d. feces

42. The incidence of poliomyelitis has been reduced by the use of the:

a. Dick test
b. Salk vaccine
c. Schick test
d. BCG

43. When a patient has a head injury, the fluid intake may be limited to:

a. prevent nausea
b. prevent vomiting
c. prevent shock
d. combat cerebral edema

44. Reflex is best defined as:

a. the response one gets from tapping the knee cap with a percussion hammer
b. an involuntary muscular contraction in response to a stimulation
c. a sign of meningeal irritation
d. a voluntary movement of the skeletal muscles

45. When a patient is having a convulsion, the nurse should do all of the following except:

a. lower the side rails
b. prevent biting of tongue and lip
c. observe the character of the seizure
d. never leave the patient

46. A drug that appears to relieve symptoms of myasthenia gravis is:

a. Copenein
b. Neomycin
c. Neostigmine
d. Talwin

47. A chronic degenerative disease that causes hardening or scarring of the myelin sheath is:

a. epilepsy
b. Huntington's disease
c. multiple sclerosis
d. Parkinson's disease

You have been assigned to work in the neurological ward of a large nospital. The following questions are related to neurological conditions and the nursing care involved.

48. Which of the following symptoms would be most important in nursing observation to establish a neurologic disorder?

a. Appearance of pain, its type and location
b. Disturbance of general attitude in patients
c. Change in muscle strength and disturbances of sensation
d. Oliguria and incontinence

49. Which of the following is a degenerative disease?

a. Multiple sclerosis
b. Encephalitis
c. Bell's palsy
d. Brain abscesses

50. If you find a patient unconscious, the first thing you would do is:

a. take the vital signs
b. see that the airway is open and maintained
c. go get the charge nurse
d. assess the level of responsiveness

51. You are assisting the doctor with a lumbar puncture. You know that this is done by inserting a needle between the:

a. third and fourth lumbar vertebrae
b. first and second lumbar vertebrae
c. seventh and eighth lumbar vertebrae
d. fifth and sixth lumbar vertebrae

52. To position the patient for the lumbar puncture, you would have the patient:

a. lying on his abdomen
b. lying on his side with legs and head extended
c. lying on his side with knees and head flexed
d. sitting in a chair

53. Ms. S. H. was admitted to the unit with a diagnosis of CVA on the left side of her brain, you would expect that she would be paralyzed on:

a. the left side of her body
b. both lower extremities
c. the right side of her body
d. right lower extremity

54. After a seizure subsides, you could expect all of the following except:

a. incontinence of urine and sometimes feces
b. a long period of sleep
c. full consciousness
d. confusion and incompetence

55. If the seizure patient is taking Dilantin, you would know to pay special attention to:

a. force fluids
b. check for diarrhea
c. oral hygiene
d. special skin care

56. In petit mal seizures, you could expect all of the following except:

a. violent jerking of the head and eyes
b. momentary loss of consciousness
c. staring blankly into space
d. a slight twitching of the head or the eyes that is hardly noticeable

57. Which type of seizure is caused by a brain tumor or a lesion in the brain?

a. Status epilepticus
b. Jacksonian
c. Psychomotor
d. Grand mal

58. The most common result of a CVA is:

a. hemiplegia
b. paraplegia
c. quadriplegia
d. diaplegia

59. The goal of all rehabilitation is that of:

a. doing everything for the patient yourself
b. instructing the family to do everything for the patient
c. returning the patient to as much self-care in the activities of daily living as possible
d. returning the patient to normal

60. Rehabilitation of the stroke patient begins:

a. the day the patient enters the hospital
b. several days after entering the hospital
c. within two weeks of admission
d. the day the patient leaves the hospital

Mr. N. L. is a 34-year-old construction worker admitted to the ward from E.R. for observation. He was struck on the head by a pipe this a.m. and was stunned by the blow. Mr. L. needed minimal assistance getting undressed and is verbalizing coherently. Admission vital signs are T 98.8°F (37.1°C) P 86 R 24 B/P 130/70. Admission orders include (1) V.S. q. hr., (2) bedrest, and (3) observation. An hour after admission, Mr. L. is responding less and seems to be lethargic.

61. Mr. L.'s becoming lethargic is:

a. an early sign of increasing intracranial pressure
b. a sign of increasing sleepiness
c. a late sign of increasing intracranial pressure
d. no indication of increasing intracranial pressure

62. There has been a change in Mr. L.'s vital signs. They are T 100°F. (37.8°C) P 70 R 16 B/P 148/50. You would know to:

a. continue monitoring them as they were ordered
b. report to the charge nurse and wait for further orders
c. consider them within normal range
d. report to the charge nurse and monitor them q 5-15 minutes

63. Upturning of the big toe and fanning of the others when the plantar surface of the foot is gently stimulated is called the:

a. Achilles tendon reflex
b. Kellie reflex
c. Babinski's reflex
d. Moro reflex

64. Postpuncture spinal headaches are usually due to:

a. withdrawal of spinal fluid
b. leakage of spinal fluid
c. psychological problems
d. damaged nerve fibers

65. Which of the following is <u>not</u> a nervous disorder?

a. Herpes zoster
b. Neuralgia
c. Bell's palsy
d. Meningitis

66. The rehabilitation of any patient with paralysis is centered on:

a. preventing disabilities from increasing and on strengthening and making the most of whatever powers the patient may have
b. making the patient dependent
c. the attitude of the patient's family
d. the seriousness of the injury

67. If the sacral vertebra is injured, you would expect loss of function in which of the following?

    a. Abdominal muscles
    b. Bowel and bladder
    c. Chest muscles
    d. Entire body

68. Immediately following a spinal injury, the patient should be handled in the following manner:

    a. Lifted carefully under the axilla
    b. Turned on her abdomen
    c. Placed in any position
    d. Kept flat on a firm surface

DISEASES OF THE CENTRAL NERVOUS SYSTEM
ANSWER SHEET

1. a
2. a
3. c
4. b
5. c
6. a
7. d
8. c
9. b
10. d
11. a
12. a
13. a
14. a
15. a
16. c
17. b
18. b
19. c
20. c
21. b
22. c
23. b
24. d
25. b
26. b
27. d
28. d
29. d
30. b
31. c
32. c
33. a
34. b
35. a
36. d
37. a
38. c
39. b
40. d
41. c
42. b
43. d
44. b
45. a
46. c
47. c
48. c
49. a
50. b
51. a
52. c
53. c
54. c
55. c
56. a
57. b
58. a
59. c
60. a
61. a
62. d
63. c
64. b
65. d
66. a
67. b
68. d

DISEASES OF THE CARDIOVASCULAR SYSTEM
UNIT III

1. Symptoms of a transfusion reaction include:

   a. rash, chills, fever, or dyspnea
   b. a fall in the blood pressure and pulse rate
   c. hemorrhages under the skin
   d. convulsions and coma

2. Hodgkin's disease:

   a. is a disease of the lymph nodes
   b. is curable
   c. is caused by a bacterial organism
   d. causes a gain in weight

3. An x-ray study of the heart and major blood vessels following an injection of an opaque substance is called a/an:

   a. angiocardiography
   b. electrocardiogram
   c. chest plate
   d. electroencephalogram

4. The pressure exerted by the blood in the vena cava and right atrium is called:

   a. blood pressure
   b. arterial pressure
   c. systolic pressure
   d. central venous pressure (CVP)

5. Normal coagulation time using the Lee-White method is:

   a. 1-6 minutes
   b. 2-10 minutes
   c. 5-8 minutes
   d. 10-15 minutes

6. Dyspnea accompanied by left ventricular failure is caused by:

   a. decreased iron
   b. interference with breathing
   c. pulmonary edema
   d. bad flow of blood through the heart valves

7. A patient has suffered an M.I. (myocardial infarction). This means that an occlusion has occurred in:

   a. a coronary artery
   b. a femoral artery
   c. a pulmonary artery
   d. the superior vena cava

8. A day or two after a myocardial infarction the patient's laboratory report will show a/an:

   a. decrease in hemoglobin
   b. mild leukocytosis
   c. increase in erythrocytes
   d. increase in Lee-White time

9. When a patient's heart is unable to perform its pumping function efficiently which results in collection of fluid in tissues (edema), it is said the patient has:

   a. Adams-Stokes syndrome
   b. angina pectoris
   c. congestive heart failure
   d. myocarditis

10. The exchange of oxygen and food for carbon dioxide and waste products takes place in the:

    a. arteries
    b. arterioles
    c. capillaries
    d. veins

11. A thrombus is:

    a. a moving clot of blood
    b. a straw-colored clot
    c. a stationary clot
    d. an outpouching of an artery

12. Thrombophlebitis is:

    a. inflammation of a capillary
    b. inflammation of a vein associated with a thrombus or clot
    c. caused by an injury
    d. caused by an insect bite

13. Heparin is ordered to:

    a. act as a laxative
    b. prevent clotting of the blood
    c. prevent venous thrombosis
    d. stabilize the blood pressure

14. After 24 hours the Heparin is discontinued and the patient is placed on Coumadin by oral administration. The size of the dosage will be determined daily by the:

    a. prothrombin time
    b. regularity of the pulse
    c. sedimentation rate
    d. stability of the blood pressure

15. Heparin is a/an:

a. anticoagulant
b. diuretic
c. laxative
d. vasodilator

16. A patient taking an anticoagulant should be carefully observed for:

a. cardiac arrest
b. cyanosis
c. hemorrhage
d. pulse irregularity

17. One definitely established cause of congenital heart defects is:

a. anoxia at birth
b. cyanosis at birth
c. nausea and vomiting during first trimester of pregnancy
d. maternal rubella during first trimester of pregnancy

18. A disorder in which the blood pressure is elevated above what is considered normal for the individual is called:

a. hypertension
b. hypotension
c. arteriosclerosis
d. atherosclerosis

19. Radiation therapy is commonly used in:

a. hemophilia
b. Hodgkin's disease
c. malaria
d. sickle cell anemia

20. Hemophilia is usually transmitted by:

a. father to daughter
b. father to son
c. mother to daughter
d. mother to son

21. White blood cells play an important part in:

a. preventing clotting
b. protecting the body against infection
c. removing carbon dioxide
d. providing immunities

22. A person suffering from mitral stenosis would have a defect of the:

a. pulmonary valve
b. bicuspid valve
c. tricuspid valve
d. ventricular valve

23. Often associated with heart disease is a diastolic pressure above:

a. 120 mm Hg
b. 60 mm Hg
c. 90 mm Hg
d. 106 mm Hg

24. All of the following drugs are associated with pulse rate except:

a. Coumadin
b. Digitalis
c. Inderal
d. Quinidine

25. Prognosis and symptoms of an MI depend on:

a. age of patient
b. length of time before medical care was received
c. extent of damage to the heart muscle
d. pulse rate

26. Before digitalis preparation is administered, the apical pulse should be taken for a full minute and the drug withheld if the rate is below:

a. 52
b. 60
c. 80
d. 120

27. Temporary insufficient coronary blood flow and inadequate myocardial oxygenation result in:

a. angina pectoris
b. brain damage
c. congestive heart failure
d. arteriosclerosis

28. The highest incidence of coronary disease occurs in:

a. young adults
b. women
c. men 50 years of age and older
d. the aged

29. Myocardial infarction may be defined as:

a. narrowing of coronary arteries
b. thickening of the pericardium
c. ischemia with resultant necrosis of heart muscle
d. inflammation of heart muscle

30. The drug usually prescribed for patients with angina pectoris is:

a. Demerol
b. Quinidine
c. Digitalis
d. Nitroglycerine

31. Angina pectoris:

a. occurs very rarely
b. is caused by insufficient blood supply to heart
c. results from exposure to cold
d. is a fatal disease

32. Collateral circulation is the body's way of providing:

a. a method of dissolving the blood clots
b. a new circulatory system to replace an area that has been damaged
c. an independent functioning for the part
d. blood to the part that would otherwise not get any

33. The layer of the heart most often affected by rheumatic heart disease is:

a. myocardium
b. pericardium
c. endocardium
d. epicardium

34. The patient with endocarditis develops vegetations which interfere with the work of the heart because they:

a. do not allow the ventricles to contract as forcefully
b. prevent the flow of blood through the pulmonary artery
c. slow up the coronary circulation
d. do not allow the valves to close completely

35. Arteriosclerosis may produce all of the following <u>except:</u>

a. narrowing of arteries
b. poor circulation
c. decrease in the amount of circulating blood
d. fall in blood pressure

36. On a low cholesterol diet which one of the following foods would be omitted?

a. Skim milk
b. Eggs
c. Peanut butter
d. Peas

37. Which of the following foods is the lowest in sodium content?

a. Citrus fruits
b. Canned meats and fish
c. Milk and milk products
d. Baking soda

38. Digitalization of a patient is often done when the drug is first begun. This means that:

a. very small doses are given initially to determine the patient's reaction to digitalis
b. an intravenous preparation of digitalis is given for the first three doses
c. a stimulant is administered with digitalis to avoid respiratory failure
d. the first few doses will be larger than subsequent maintenance doses

39. Which of the following is not a digitalis preparation?

a. Cedilanid
b. Crystodigin
c. Lanoxin
d. Pronestyl

40. Which of the following drugs is used for disorders of cardiac rhythm and requires counting of the pulse before administration?

a. Serpasil
b. Quinidine sulfate
c. Dicumarol
d. Diamox

41. Drugs that are given intravenously have:

a. a delayed effect
b. an immediate effect
c. a local effect on the blood vessels
d. a more prolonged effect than those given by mouth

42. An embolus is:

a. hardening of the arteries
b. a deposit on the walls of a blood vessel
c. a blood clot or foreign body circulating in the blood
d. weakening of the walls of a blood vessel

43. Nitroglycerine tablets are administered sublingually. This means the tablets are:

a. dissolved and administered under the skin
b. held under the tongue until dissolved
c. taken by mouth with a small amount of water
d. crushed and dissolved in water and given by teaspoon

44. Side effects that occur in some patients taking vasodilators include:

a. nausea, vomiting, and diarrhea
b. hypotension, flushing, and tachycardia
c. decrease in pulse and respiration
d. sudden elevation in blood pressure and increased pulse rate

45. Rheumatic heart disease often affects the valves of the heart. The formation of scar tissue on the heart valves prevents their normal functioning. Surgical correction of the defective valve is called a:

a. valvotomy
b. commissurotomy
c. cardiectomy
d. myomectomy

46. When the nurse's observations indicate the beginning symptoms of digitalis poisoning, it is his responsibility to:

a. give the drug and report to the doctor
b. omit the drug and report to the doctor
c. omit the dose of the drug and then start again
d. cancel the order for the drug

47. Dicumarol 300 mg is ordered. The label on the bottle reads "Dicumarol 0.3 gm. per tablet." The nurse will need to give the patient:

a. 1 tablet
b. 2 tablets
c. 3 tablets
d. 4 tablets

48. The veins at the surface of the body are more likely to be affected by varicosities than the deeper veins because:

a. they receive a greater supply of blood
b. the blood flow is lower
c. the protection and support of the muscles around them is less
d. clot formation occurs where the blood pressure is higher

49. Symptoms suspicious of thrombophlebitis would include:

a. increased blood pressure and headache
b. dyspnea and dizziness
c. redness and tenderness along a vein
d. large, irregular bumps or knots along the course of a vein

50. Nicotine increases the symptoms of Buerger's disease because it:

a. increases the spasms of the muscles of the blood vessels walls
b. poisons the whole system
c. slows up the circulation to a point of danger
d. interferes with the amount of oxygen carried by the red blood cells

51. All of the following are true about Raynaud's disease except:

a. women are affected more often than men
b. at first the attacks occur in the winter
c. vasodilators may be prescribed
d. there is a deficiency of folic acid

52. Hypertension that accompanies a kidney disease is classified as:

a. primary
b. secondary
c. metastatic
d. toxic

53. The nurse is instructed never to massage the cramping legs of a surgical patient without specific medical orders. Such massage could be dangerous because:

a. spasms in the veins are increased
b. a thrombus may become an embolus
c. pain spreads upward and downward
d. administration of narcotics is necessary to relieve the pain caused by the increased circulation

54. Factors increasing the risk of hypertension include all of the following except:

a. a positive family history
b. obesity
c. diabetes
d. prolonged standing or sitting

Mr. M. has developed a thrombophlebitis and the following drugs are ordered:
Dicumarol 200 mg stat Heparin 50 mg Q 4h for 4 doses

55. These medications are given in order to:

a. dilate the blood vessels
b. increase the clotting time of the blood
c. decrease the clotting time of the blood
d. increase the tone of the blood vessels

Ms. Moore is an outpatient who receives regular treatment for arteriosclerosis of her lower extremities. On one of her visits to the clinic, Ms. Moore seems anxious to discuss her condition with you. Her first question is: "Why has the doctor told me to stop smoking? How can that affect my condition? It's my legs that bother me, not my lungs."

56. The best reply to Ms. Moore's questions would be:

a. "The doctor is afraid that your condition may eventually spread and involve your lungs"
b. "Nicotine, which is present in cigarettes, is a drug and it narrows the blood vessels in the body and makes your condition worse"
c. "Smoking dulls the appetite and you are not eating properly; this prevents the healing of your legs"
d. "There is really no connection between your smoking and your present illness, but you would feel better if you stopped smoking"

57. If a patient complains of pain in the right foot even after it has been removed, the nurse should:

a. try to distract his attention from his illness because he could not possibly be feeling pain in that foot
b. ignore him, realizing that he probably has heard others speak of "ghost" pains after amputation
c. realize that he may very well be experiencing these pains even though the foot has been removed
d. tell him to report this to his surgeon because these pains often indicate that the surgery was not successful

58. The most common symptom of thrombophlebitis is:

a. cyanosis of the affected extremity
b. pain in the calf of the leg
c. severe swelling of the ankles
d. bulging of the affected blood vessels

59. A nursing measure that is contraindicated in thrombophlebitis is:

a. turning the patient from side to side
b. elevating the head of the bed
c. massaging the legs
d. rubbing the back

60. Dyspnea in the anemic patient is due to:

a. pressure of enlarged glands
b. decreased hemoglobin
c. nasal obstruction
d. malnutrition

61. In the absence of the intrinsic factor it is not possible to:

a. digest food
b. absorb vitamin K
c. absorb vitamin B_{12}
d. absorb iron

62. Prognosis in pernicious anemia is good as long as the patient:

a. has weekly blood tests
b. takes medicine regularly
c. is hospitalized periodically
d. has the services of a specialist

63. Oral iron preparations should be given:

a. A.C.
b. P.C.
c. between meals
d. H.S.

64. The patient who takes ferrous sulfate should expect a change in:

a. emotional outlook
b. skin texture
c. color of urine
d. color of feces

65. Hemorrhage is always a danger in leukemia because:

a. every red blood cell is needed
b. the platelet count is reduced
c. the diet does not provide food needed for clotting
d. the liver does not produce prothrombin

66. Death in leukemia is often the result of:

a. hemorrhage or concurrent infection
b. exhaustion
c. malnutrition
d. loss of will to live

67. Palliative nursing care of the patient with leukemia is aimed at:

a. keeping the patient alive as long as possible
b. treating the symptoms to keep the patient comfortable
c. providing recreational therapy
d. keeping up an adequate nutritional level

68. Which of the following statements is not true about hemophilia?

a. It is an acquired disease
b. It is characterized by prolonged coagulation time
c. It is transmitted through the female to the male offspring
d. Patients with the disease must avoid injury whenever possible

69. An accurate picture of the effectiveness of diuretic therapy is best ascertained by:

a. daily weight measurement
b. testing for pedal edema
c. the type of diuretic administered
d. recording intake and output

70. The electrolyte usually lost during diuretic and digitalis therapy is:

a. calcium
b. chloride
c. potassium
d. sodium

71. Which of the following statements about malignant hypertension is not true?

a. It has a rapid course
b. It affects the eyes
c. It is associated with arteriosclerosis
d. It is usually fatal

72. An arrhythmia which results in a disorganized spread of impulses throughout the ventricles and results in a completely ineffective contraction is:

a. premature ventricular contractions
b. atrioventricular block
c. ventricular fibrillation
d. ventricular tachycardia

73. A drug that is one of the most frequently used to treat ventricular arrhythmia is:

a. Lidocaine
b. Gitaligin
c. Crystodigin
d. Acylanid

74. When a patient needs to sit to breathe, the position is called:

a. opisthotonos
b. apnea
c. aneurysm
d. orthopnea

75. A pulse of 140 is referred to as:

a. tachycardia
b. ischemia
c. heart block
d. bradycardia

76. When oxygen is started, you should obtain a NO SMOKING sign and hang it where it can easily be seen because:

a. visitors who smoke disturb the patient
b. smoking might irritate the heart muscles
c. oxygen increases the danger of fire
d. smoking irritates the patient's lungs

77. An electrocardiogram is used to test:

a. activity of major blood vessels
b. the rate at which oxygen is used by the body
c. electrical activity of the heart
d. the flow of blood through the heart

78. Hardening and loss of elasticity of coronary arterial walls is called:

a. arteriosclerosis
b. atherosclerosis
c. thrombosis
d. phlebosis

79. A clot carried in the bloodstream until it reaches a vessel too small to allow it to pass is called:

a. an embolus
b. a thrombus
c. arteriosclerosis
d. atherosclerosis

80. Rheumatic fever:

a. is a contagious disease
b. always causes heart damage
c. follows a streptococcic infection
d. lasts only a short time

81. A coronary care patient was placed in a Fowler's position. This was done to relieve:

a. nausea
b. fear
c. dyspnea
d. chest pain

Mr. Long is a 47-year-old carpenter who has been suffering from shortness of breath, increased fatigue, dizziness, and headaches. His physician has admitted him to the hospital for diagnostic tests and treatment. His diagnosis on admission is anemia.

82. Laboratory tests ordered for Mr. Long included a hemoglobin test. Hemoglobin is best defined as the:

a. substance in the plasma which aids in the formation of red blood cells
b. pigment in the red blood cells which gives them their color
c. chief constituent of platelets
d. substance in white blood cells which destroys bacteria

83. One of the most important characteristics of hemoglobin is the ability to:

a. aid in the formation of antibodies
b. assist in the formation of platelets
c. unite with oxygen and carbon dioxide
d. manufacture red blood cells

84. The laboratory report showed that Mr. Long's hemoglobin was 6 gm. per 100 ml. This is:

a. about average for a man of his age
b. slightly lower than normal for males
c. seriously below the normal range
d. slightly above the normal range

85. In addition to the laboratory tests, Mr. Long was also scheduled for a sternal puncture. The sternum is:

a. the hip bone
b. the shoulder blade
c. the collar bone
d. the breast bone

86. The purpose of a sternal puncture is to:

a. aspirate fluid from the chest
b. obtain a sampling of breast tissue
c. aspirate blood cells from the bone marrow
d. allow for drainage of purulent material in the bone

87. Mr. Long had an increasing loss of appetite for several months. The medical term for this condition is:

a. anoxia
b. anorexia
c. ataxia
d. inertia

88. If Mr. Long complains that he is "always tired," the nurse should understand that:

a. his anemia is the cause of his fatigue and he should have adequate rest
b. most of his fatigue is probably the result of boredom
c. fatigue is a symptom of anemia and there is nothing that can be done about it
d. his fatigue is a result of a lack of carbohydrates in his diet

89. Frequent dizzy spells or fainting are not uncommon in anemic patients primarily because:

a. they often receive a large amount of narcotic drugs for relief of their headaches
b. they habitually refuse to eat an adequate diet
c. a decrease in the number of red cells leads to a deficiency in oxygen supply to the brain
d. most of these patients have mental deterioration brought about by loss of blood

90. When Mr. Long requests more heat in his room, the nurse should:

a. realize that he is mentally deranged and is just trying to get attention
b. tell him that the room must be kept cool for others who are busily working in the area
c. ignore his complaint because he should be kept in a cool environment
d. provide him with extra warmth because most anemic persons cannot tolerate cold as well as others

91. In providing additional warmth for Mr. Long, it would be best to:

a. give him additional blankets and slightly raise the temperature in his room
b. apply several hot water bottles to his feet and legs
c. allow him to sleep in his robe
d. place a small electric heater near his bed

92. While helping Mr. Long to brush his teeth, you notice that his gums appear very sore and bleed easily. This is:

a. an indication that he does not brush his teeth very often
b. a sign of decaying teeth
c. a result of brushing his teeth too vigorously
d. a common symptom in severe chronic anemia

93. Special mouth care for Mr. Long should include:

a. gentle cleansing of the mouth and teeth with cotton applicators dipped in a mild cleansing solution and lubricant
b. cleansing of the mouth several times a day using alcohol to destroy bacteria
c. brushing the teeth several times a day using a brush with very stiff bristles
d. using a highly astringent mouthwash to decrease bleeding and stimulate the gums

94. Mr. Long is scheduled to receive a blood transfusion during the day. In planning the nursing care, it would be best to:

a. omit his bath and change of linens that day because the blood transfusion is more important
b. postpone the bath and bed making until several hours after the transfusion is completed
c. give the bath and a.m. care early before the transfusion is started so Mr. Long will be more comfortable during the procedure
d. wait until the transfusion is started and then give a.m. care to divert his attention from the procedure

95. To avoid serious difficulties that may arise from the blood transfusion, it is most important that:

a. the blood be warmed to above body temperature before it is administered
b. a very small gauge needle be used for administration of the blood
c. the skin at the site of the injection be shaved and scrubbed with pHisoHex solution
d. the blood of the recipient and donor be of the same type

96. During the transfusion, the patient must be watched carefully for signs of a reaction. This condition results from:

a. infection within the blood
b. sensitivity of the patient to the blood or to minerals added to the blood to preserve it
c. administration of the blood in a vein that is too small
d. use of transfusion equipment that is defective in some way

97. Mr. Long's illness was eventually diagnosed as pernicious anemia. This disease is best defined as:

a. a decrease in red blood cells due to hemorrhage
b. decreased production of red blood cells due to poor dietary habits
c. decreased production of red blood cells due to poor absorption of iron and protein from the digestive tract
d. excessive destruction of red blood cells

98. The treatment of pernicious anemia includes injections of vitamin B_{12}. The practical nurse should know that this medication:

a. will cure the disease
b. must be given at regular intervals for the rest of the patient's life
c. must be given at least once a week for 6 months before it is discontinued
d. will help only about 50 percent of the cases of pernicious anemia

99 Special nursing considerations that must be taken into account when Imferon is given include:

a. giving the injection by "Z" track technique into the gluteal muscle
b. using the same site each time to insure proper absorption
c. watching the patient for signs of hemmorhage during the course of the drug
d. administering vitamin K with each injection of Imferon to prevent hemorrhage

Ms. Luke is 28 years old and the mother of four small children. She was admitted to the hospital for an emergency appendectomy and the routine laboratory tests done before surgery revealed that she was anemic. Further tests after surgery showed that Ms. Luke had nutritional anemia.

100. To combat Ms. Luke's nutritional anemia, the physician ordered an iron preparation by mouth. When giving iron preparations orally, the nurse should:

a. give the liquid preparations through a straw and instruct the patient to rinse her mouth thoroughly after the medication is taken
b. dilute the iron preparation in a glass of milk to decrease irritation of the gums
c. always have the patient drink a full glass of water with each dose
d. count the patient's pulse before each dose is given

101. Oral preparations of iron are given with meals or immediately after meals because concentrated iron salts are:

a. more readily absorbed from a full stomach
b. irritating to the gastric mucus
c. generally used as an appetizer
d. helpful in the digestion of foods

102. Iron preparations are given to patients with anemia primarily because this mineral is important in the:

a. prevention of hemorrhage
b. manufacture of normal, healthy, red blood cells
c. formation of plasma and antibodies
d. prevention of infections in the blood

103. Symptoms of toxicity to iron preparations include:

a. tinnitus and headache
b. cardiorespiratory difficulties
c. hemorrhage and anemia
d. nausea, abdominal cramps, and diarrhea

104. Ms. Luke tells you that she has had black, tarry stools for the past few days and she is worried that this is a sign of cancer. You should tell her that:

a. this is a symptom of internal hemorrhage in the intestines and she should tell her physician about it
b. she may be hemorrhaging from the intestines and that is probably why she is anemic
c. this is a normal color for stools and there is nothing unusual about it
d. her stools are this color because she is taking an iron preparation by mouth

105. In addition to the iron salts, the physician has also ordered ascorbic acid. This drug is:

a. vitamin C
b. vitamin A
c. liver extract
d. another type of iron preparation

106. The physician ordered ascorbic acid because it will:

a. prevent Ms. Luke from developing an infection
b. prevent the development of rickets
c. prevent night blindness
d. assist in the proper utilization of iron for the formation of red blood cells

107. Since Ms. Luke's anemia results from poor nutrition, she will need some instruction in eating well-balanced meals. While you are discussing nutrition with Ms. Luke, she tells you that she is sure her children will never become anemic because they drink milk with every meal. The best reply to this statement would be:

a. "You are right; milk is very rich in iron"
b. "Milk is a good source of protein, but it does not contain all the nutrients necessary for good health"
c. "Milk contains many vitamins but no minerals"
d. "The only way to prevent anemia is by taking vitamin and mineral tablets daily"

108. Which of the following foods are richest in iron?

a. Apricots and prunes
b. Cottage cheese and American cheese
c. Whole wheat bread and cereals
d. Lemons and oranges

109. Leukemia is:

a. classified as a malignant disease
b. characterized by an increase in the red cell count
c. a disease of the blood vesels
d. always fatal within six months from the onset of symptoms

110. The white blood cells of a leukemic patient do not function like normal white blood cells. Since this is true, the nurse might expect patients with leukemia to have:

a. malformation of the bone marrow
b. a lowered resistance to infections
c. enlargement of the blood vessels
d. a tendency to develop clots within the blood vessels

111. Sickle cell anemia is a disease which occurs most often in people who are:

a. Oriental
b. Caucasian
c. Black American
d. from lower income groups

112. The most definitive diagnostic test for leukemia is:

a. chest x-ray
b. CBC
c. bone marrow study
d. spinal tap

Mr. Wood, age 64, is assigned to you for morning care. His diagnosis is congestive failure.

113. Congestive failure has been described as a heart condition in which there is:

a. an abnormality in the structure of the heart
b. a decreased flow of blood resulting from failure of the heart to function as a pump
c. the formation of a blood clot within one of the heart chambers
d. a sudden spasm of the heart muscle due to a decreased blood supply

114. Mr. Wood's doctor ordered complete bed rest for him. This means that the patient:

a. is encouraged to ambulate as much as possible
b. is confined to bed but can assume responsibility for much of his personal care
c. is confined to bed but is allowed to get up to go to the bathroom as necessary
d. must remain as quiet as possible, and everything involving the slightest physical effort must be done for him

115. Mr. Wood is suffering from severe dyspnea. The position in which he would be most comfortable is:

a. Sim's left lateral
b. Fowler's position
c. supine
d. Trendelenburg position

116. Back care for a cardiac patient is:

a. always contraindicated because the patient must have absolute rest
b. of less importance than for most patients because the edema "pads" the bony prominences of the body
c. of more importance than for most patients because cardiac patients often have edematous tissue which readily breaks down
d. not important unless the patient's skin shows signs of developing ulcerations

117. Cardiac patients are sometimes not allowed to have cold drinks or iced foods because:

a. they act as a stimulant to the heart
b. cold has a constricting effect on blood vessels and may therefore increase the workload of the heart
c. cold increases circulation and overburdens the heart
d. they cause the formation of gas which leads to stomach cramps

118. Mr. Wood was given a low sodium diet. When edema is present, the intake of sodium is restricted because it:

a. slows the heartbeat
b. causes hardening of the arteries
c. increases urinary output
d. holds fluid in the tissues

119. Before each dose of digitalis is administered to the patient, the nurse must remember to:

a. count the patient's pulse
b. count the patient's respirations
c. take the patient's blood pressure
d. check with the laboratory to see if a test of bleeding time has been done

120. Drugs which are sometimes given to increase the urinary output and relieve edema are called:

a. urinary stimulants
b. heart stimulants
c. diuretics
d. urinary disinfectants

121. The doctor has ordered a daily check of weight for Mr. Wood. The reason for this is to determine loss of:

a. body fat
b. appetite
c. tissue fluid
d. blood volume

122. When weighing Mr. Wood, you should remember to:

a. take the patient to the treatment room scales which are accurate
b. weigh him in the late afternoon each day
c. weigh him at the same time every day, on the same scales, and with the same amount of clothing each time
d. ask the orderly to weigh him because it is difficult to get the patient out of bed

123. A deficiency of oxygen in the blood produces a bluish discoloration of the skin. This is called:

a. pigmentation
b. apnea
c. pallor
d. cyanosis

Ms. Brown was brought to the ER after having experienced a sudden severe pain in her chest while at work. When she arrived, she was complaining of shortness of breath and perspiring profusely.

124. As soon as Ms. Brown entered the emergency room, the doctor ordered oxygen by mask. Oxygen is usually administered for the purpose of:

a. stimulating respiration
b. reinflating the lungs after respiration has ceased
c. relieving the symptoms of anoxia
d. relieving an obstruction of the respiratory tract

125. Ms. Brown's condition was diagnosed as coronary occlusion. The coronary blood vessels are located:

a. within the chambers of the heart
b. around the top of the heart with branches reaching down into the heart muscle
c. in the pericardial sac
d. just below the aorta

126. The word occlusion means a/an:

a. obstruction or closing off
b. seizure
c. spasm of the muscles
d. blood clot

127. An occlusion of the coronary arteries leads to death of some of the myocardium. The myocardium is the:

a. major blood vessel of the heart
b. sac surrounding the heart
c. wall separating the chambers of the heart
d. muscular tissue of the heart

128. Ms. Brown is placed in Fowler's position to relieve her dyspnea. Dyspnea is best defined as:

a. mild discomfort
b. severe pain
c. labored or difficult breathing
d. inability to breathe unless sitting upright

129. Ms. Brown developed the habit of holding her left arm in a fixed position against her chest. The nurse should realize that she is doing this because:

a. she is attempting to "splint" her chest and relieve the pain around her heart
b. her left arm is paralyzed as a result of her heart attack
c. she does not wish to be disturbed for a daily bath and back rub
d. she is cold and is attempting to conserve her body heat

130. To relieve Ms. Brown's discomfort and avoid complications in the shoulder joint, it would be best for the nurse to:

a. apply an Ace bandage around the left arm and chest
b. apply a hot water bottle to the arm and chest
c. support the left arm on a pillow and change her position frequently
d. vigorously massage the left arm and chest

131. Rheumatic heart disease follows the acute phase of rheumatic fever. When there is involvement of all of the structures of the heart, the patient is said to have:

a. endocarditis
b. pericarditis
c. myocarditis
d. pancarditis

132. Varicose veins are veins which have become:

a. enlarged and engorged with blood
b. hardened and their openings are narrowed
c. infected by the invasion of bacteria
d. atrophied because of constriction of the surface blood vessels

133. A condition that makes a person more susceptible to the development of varicose veins is:

a. deposits of material along the walls of the veins
b. repeated bacterial infections in the veins
c. improper functioning of the valves that control the flow of blood through the veins
d. congenital malformations of the lower extremities in which there is improper circulation

134. Some patients with varicose veins cannot be treated successfully by medical means and surgical correction is necessary. A tying off of the affected vein is referred to as a:

a. phlebotomy
b. venectomy
c. vein ligation
d. phlebectomy

135. Surgical removal of a varicose vein is termed a:

a. vagotomy
b. varicosity
c. vein ligation
d. vein stripping

136. A nursing measure that is most important when Levophed is being administered is:

a. B/P that is checked hourly to make sure it doesn't go too high
b. constant supervision to make sure that the IV is not infiltrating so it will not slough tissue
c. making sure patient is not in shock
d. making sure patient is comfortable

DISEASES OF THE CARDIOVASCULAR SYSTEM
UNIT III

ANSWER SHEET

1. a
2. a
3. a
4. d
5. c
6. c
7. a
8. b
9. c
10. c
11. c
12. b
13. b
14. a
15. a
16. c
17. d
18. a
19. b
20. d
21. b
22. b
23. c
24. a
25 c
26. b
27. a
28. c
29. c
30. d
31. b
32. d
33. c
34. d
35. d
36. b
37. a
38. d
39. d
40. b
41. b
42. c
43. b
44. b
45. b
46. b
47. a
48. c
49. c
50. a
51. d
52. b
53. b
54. d
55. b
56. b
57. c
58. b
59. c
60. b
61. c
62. b
63. b
64. d
65. b
66. a
67. b
68. a
69. a
70. c
71. c
72. c
73. a
74. d
75. a

76.	c	101.	b	126.	a
77.	c	102.	b	127.	d
78.	a	103.	d	128.	c
79.	a	104.	d	129.	a
80.	c	105.	a	130.	c
81.	c	106.	d	131.	d
82.	b	107.	b	132.	a
83.	c	108.	a	133.	c
84.	c	109.	a	134.	c
85.	d	110.	b	135.	d
86.	c	111.	c	136.	b
87.	b	112.	c		
88.	a	113.	b		
89.	c	114.	d		
90.	d	115.	b		
91.	a	116.	c		
92.	d	117.	b		
93.	a	118.	d		
94.	c	119.	a		
95.	d	120.	c		
96.	b	121.	c		
97.	c	122.	c		
98.	b	123.	d		
99.	a	124.	c		
100.	a	125.	b		

DISEASES OF THE GASTROINTESTINAL SYSTEM
UNIT IV

1. Foods that decrease gastric motility are:

   a. rough, fibrous foods
   b. high in CHO
   c. of liquid consistency
   d. high in fat content

2. The patient on a Sippy diet program will receive:

   a. small amounts of milk or cream every half hour
   b. foods to neutralize the HCl of the stomach
   c. a high CHO diet to rest the digestive tract
   d. foods in a form that the patient can tolerate

3. Dramamine is a medication that can be obtained without a prescription for the relief of:

   a. motion sickness
   b. constipation
   c. diarrhea
   d. flatulence

4. Some of the distress of a peptic ulcer is relieved by Banthine or Pro-Banthine because of their ability to decrease:

   a. secretion of bile
   b. nausea and vomiting
   c. stomach peristalsis
   d. the raw surface of the ulcer

5. Banthine is an example of a drug classified as a/an:

   a. antacid
   b. digestant
   c. emetic
   d. antispasmodic

6. Aluminum hydroxide gel (Amphojel) is used in the medical treatment of a gastric ulcer because it:

   a. stimulates healing
   b. forms a protective coating over a raw surface
   c. constipates the patient
   d. produces a vasoconstriction

7. Drugs that do not produce toxic effects when used to treat the digestive tract are those that are:

   a. given with plenty of water
   b. not absorbed from the stomach or intestines
   c. absorbed only in an alkaline environment
   d. eliminated from the body too rapidly

8. The structure of the stomach that allows for absorption of liquids also permits the rapid spread of cancer by way of the:

   a. lymph vessels
   b. bloodstream
   c. liver
   d. spleen

9. When the stomach has been completely removed, the patient must be prepared for the inability of the intestines to:

   a. provide any digestive juices
   b. control hunger pangs
   c. digest and absorb completely all types of food
   d. produce a formed stool

10. An emesis that would be described as projectile would mean:

    a. regurgitation
    b. emesis with a fecal odor
    c. fluid with the appearance of coffee grounds
    d. forceful emesis

11. Symptoms of appendicitis will contraindicate prescribing a laxative because:

    a. it may hide the true symptoms and result in a misdiagnosis
    b. the bowel should be at rest when surgery is performed
    c. it is poor preoperative preparation to dehydrate the patient
    d. increased peristaltic action in the bowel may cause rupture

12. The main purpose of a gastric or intestinal decompression tube is to:

    a. provide a means of feeding a comatose patient
    b. irrigate the stomach or intestinal tract
    c. prevent pain and hematemesis caused by stress
    d. keep the digestive tract free of irritating secretions and flatus

13. An indication that the gastric suction is not functioning properly would be:

    a. pain at the surgical site and restlessness
    b. nausea, abdominal discomfort, and vomiting
    c. sore throat and dryness of the nasal-oral cavity
    d. air bubbles in the drainage collection bottle

14. An antiemetic drug:

    a. prevents worms
    b. causes defecation
    c. causes vomiting
    d. reduces nausea

15. Antacids are medications ordered by the doctor to:

a. increase appetite
b. decrease peristalsis
c. counteract alkaline secretions
d. neutralize acid secretions

16. The doctor says a patient is dehydrated. She makes this statement after noting which of the following?

a. Subnormal temperature
b. Dry skin with poor turgor
c. Projectile vomiting
d. Protruding eyes

17. Tarry stools may be a result of:

a. bleeding from the small intestines
b. taking soda bicarbonate
c. the patient's diet
d. hemorrhoids

18. The doctor orders a gastrointestinal series of roentgenograms. You explain to the patient that it will be necessary for him:

a. not to take anything by mouth after 6 a.m.
b. to drink plenty of fluids until called to x-ray department
c. not to take anything by mouth after midnight
d. not to take anything by mouth for 24 hours before x-ray exam

19. A patient has a vomitus described as "coffee ground vomitus". This should indicate to you that:

a. her food is being partially digested
b. she should not drink coffee as it upsets her stomach
c. she is vomiting partially digested blood
d. she has an obstruction in the small intestine

20. When a patient complains of heartburn, you know that probably it is caused by the contents of her stomach being:

a. diluted when she eats
b. hyperacid
c. mixed with gas in her stomach
d. passed into the small intestine

21. The surgery to remove the stomach is called:

a. gastrectomy
b. nephrectomy
c. colectomy
d. herniorrhaphy

22. An ileostomy has an opening through the abdominal wall into the:

a. stomach
b. large intestine
c. small intestine
d. cecum

23. The drainage from the ileostomy will be:

a. semi-formed
b. liquid
c. formed
d. hardened

24. The reason for this type of drainage is:

a. some water is absorbed through the small intestine making the drainage semi-formed
b. the large intestine absorbs the largest amount of water
c. the small intestine absorbs the largest amount of water
d. water absorption begins in the stomach

25. The primary objective in caring for an ileostomy stoma should be to:

a. measure the volume of fecal output accurately
b. prevent skin excoriation around the stoma
c. maintain medical asepsis in handling equipment
d. prevent development of unpleasant body odor

26. The term decompression means to:

a. inflate
b. deflate
c. cause a vacuum
d. irrigate

27. Gastric decompression refers to emptying the contents of the:

a. large intestines
b. small intestines
c. stomach
d. esophagus

28. The exact cause of a peptic ulcer is:

a. emotional instability
b. unknown
c. large ingestion of highly seasoned foods
d. large ingestion of bland foods

29. The color of the hematemesis is due to:

a. erosion by the ulcer to an arterial vessel
b. the action of gastric juice on the blood
c. erosion by the ulcer to a venous vessel
d. the destruction of vitamin K by the gastric juices

30. Aluminum hydroxide gel would be preferred to sodium bicarbonate in treating hyperacidity because it:

a. is not absorbed from the bowel
b. does not predispose to constipation
c. rapidly dissolves in all body fluids
d. has no effect on calcium excretion

31. The ulcer patient was advised by his doctor not to drink coffee because it:

a. increases mental activity
b. stimulates gastric secretions
c. increases smooth muscle tone
d. elevates systolic blood pressure

32. Which one of the following foods is considered highly seasoned?

a. Macaroni and cheese
b. Breaded tomatoes
c. Meat stew with vegetables
d. Spaghetti with meat sauce

33. Cleansing of the lower bowel is necessary before a barium enema is given because:

a. barium causes diarrhea if the colon is not free of fecal material when the test is done
b. gas and fecal material in the colon produce confusing shadows on the x-ray and prevent proper filling of the colon with barium
c. the patient is less likely to be nauseated if she has had a cleansing enema prior to the test
d. most patients with disorders of the colon suffer from chronic constipation and enemas are necessary to relieve this condition

John Smith, 43-year-old owner of a small neighborhood grocery store, developed business worries and chronic dyspepsia. He consulted his doctor when he began having nausea and vomiting and was admitted to the local hospital for a complete workup. Mr. Smith told the admitting room nurse that his chief complaints were burning epigastric pain, nausea, and vomiting. Questioning by the nurse revealed that he did not smoke or drink alcoholic beverages but drank coffee in large quantities. A tentative diagnosis was made of gastric or duodenal peptic ulcer.

34. When interpreting the history of Mr. Smith, the nurse should be aware that pain due to peptic ulcer usually develops:

a. immediately before meals
b. while eating or drinking
c. immediately after eating
d. one to three hours after meals

35. A stool specimen was ordered to detect the presence of:

a. hydrochloric acid
b. undigested food
c. occult blood
d. inflammatory cells

36. Which of the following will be used to facilitate the x-ray visualization of Mr. Smith's stomach and duodenum?

a. Administering barium sulfate solution orally
b. Insufflating air through a gastric drainage tube
c. Serving a light meal with a high fat content
d. Injecting an iodine-containing dye I.V.

37. You should tell Mr. Smith that barium sulfate tastes:

a. sour
b. bitter
c. salty
d. chalky

38. Which of the following findings on gastric analysis could indicate a peptic ulcer?

a. Absence of gastric secretions
b. Increased hydrochloric acid
c. Lack of intrinsic factor
d. Decreased gastric motility

39. You could double the protein content in 1 quart of milk with very little increase in volume by:

a. combining it with 2 tablespoons of baby cereal
b. substituting ¼ cup of cream for part of the milk
c. adding 2 tablespoons of lactose to the milk
d. adding 1 cup of nonfat dry milk

40. In the presence of a liver disease, preventing the absorption of some nutrients results in:

a. a copper deficiency
b. incomplete digestion of protein
c. a vitamin K deficiency
d. gradual starvation

41. When a loop of the intestines receives inadequate blood supply, the hernia is said to be:

a. incarcerated
b. strangulated
c. reducible
d irreducible

42. When a patient has jaundice, the stools are:

a. dark brown in color
b. flecked with blood
c. very soft
d. very light in color

43. A patient with cirrhosis of the liver is usually weighed daily to determine:

a. dietary needs
b. fluid intake
c. blood loss
d. the amount of fluid held in the body

44. A patient with cholelithiasis usually complains of being unable to tolerate certain foods. The problem foods are:

a. protein rich
b. milk rich
c. fatty
d. high carbohydrate

45. A drain may be inserted when a patient has a cholecystectomy to:

a. promote healing
b. prevent shock
c. prevent infection
d. allow for temporary drainage

46. Carbohydrates are stored as glycogen in the:

a. gall bladder
b. lung
c. intestine
d. liver

47. A classical symptom in ulcerative colitis is:

a. pain
b. constipation
c. diarrhea
d. nausea

48. The stools passed by a patient with ulcerative colitis possess all of the following characteristics except:

a. watery consistency
b. hard
c. contain mucus
d. contain blood

49. Symptoms characteristic of appendicitis include all of the following except:

a. pain
b. diarrhea
c. elevated white blood count
d. nausea

50. The most characteristic symptom of a peptic ulcer is:

a. hematemesis
b. melena
c. poor appetite
d. pain

51. The symptom that would indicate perforation of a peptic ulcer is:

a. sudden, severe pain
b. elevated temperature
c. vomiting
d. bleeding

52. The diet for a patient with peptic ulcer usually consists of all of the following except:

a. small feedings
b. foods that contain roughage
c. frequent feedings
d. nonirritating foods

53. A complication of a peptic ulcer may be hemorrhage. The symptoms that may be manifested if this complication should occur would include all of the following except:

a. drop in blood pressure
b. feeling of being cold
c. increase in respirations
d. decrease in pulse rate

54. A vagotomy is performed to:

a. lessen pain
b. control hemorrhage
c. control the secretion of HCl
d. repair the ulceration in the stomach

55. Postoperatively, Ms. Jones has a gastric tube in place. Nursing responsibilities should include all of the following except:

a. encouraging fluids b / mouth
b. special mouth care
c. cleaning nostrils with a water-soluble lubricant
d. noting color and amount of drainage

56. A colostomy:

a. is a removal of the anus and rectum
b. provides a means for expelling fecal material
c. is always permanent
d. requires a perineal incision

57. An indication of the return of active peristalsis after intestinal surgery is:

a. an increase in urination
b. a decrease in temperature
c. the passage of gas
d. an improvement in appetite

58. The patient with a disease of the gallbladder may have clay-colored stools because of the absence in the intestines of:

a. hemoglobin
b. vitamin K
c. bile pigments
d. prothrombin

59. Since gallbladder surgery requires an incision near the diaphragm, postoperatively the patient with such surgery will need extra encouragement to:

a. get up to go to the bathroom the day of surgery
b. cough and breathe deeply
c. take sufficient fluids
d. check nausea and vomiting

60. After the gallbladder is removed, bile still reaches the small intestine through the:

a. bloodstream
b. cystic duct
c. pancreatic duct
d. hepatic and common bile duct

61. Vitamin K must be given to the jaundiced patient by IM because:

a. vomiting results from the gastric distress produced by the oral route
b. it is never effective by any other route
c. the process of digestion changes its structure
d. it is not absorbed from the intestine in the absence of bile

62. If the protruding structures of a hernia can be replaced in the abdominal cavity, the hernia is said to be:

a. incarcerated
b. strangulated
c. unstrangulated
d. reducible

63. A hernia that cannot be replaced in the abdominal cavity is called a/an:

a. reducible hernia
b. irreducible hernia
c. strangulated hernia
d. unstrangulated hernia

64. When the bowel is obstructed, the portion proximal to the obstruction:

a. becomes quickly emptied with intestinal contents
b. contracts
c. becomes distended with intestinal contents
d. ceases peristaltic activity

65. Drugs which are effective against pinworms or other intestinal parasites are called:

a. emetics
b. antiemetics
c. antitussives
d. anthelmintics

66. The pain of appendicitis usually occurs abdominally in the:

a. left lower quadrant
b. right lower quadrant
c. left upper quadrant
d. right upper quadrant

67. The abdominal area typically tender in those with appendicitis is called:

a. the para-umbilical area
b. the right upper quadrant
c. McBurney's point
d. sub-costal

68. Kaopectate is used to treat:

a. paralytic ileus
b. diarrhea
c. constipation
d. amebic dysentery

69. The main purpose of a gastric analysis is to:

a. determine the amount of blood in the stool
b. determine the presence of pus in the stomach
c. determine the amount of free HCl
d. evaluate the functioning of the gallbladder

70. The tubeless method of determining the presence of HCl in the stomach is the:

a. diagnex blue test
b. bilirubin
c. SGOT
d. cephalin flocculation test

71. The purpose of a gastric gavage is to:

a. wash out the stomach
b. introduce food or fluid into the stomach
c. decompress the stomach
d. facilitate the passage of gas

72. Before administering a tube feeding, you should:

a. restrain the patient
b. give the patient the chance to drink the feeding
c. make sure the tubing is in the stomach
d. provide the patient with a mild stimulant

73. A fat-free supper is ordered for a/an:

a. SGOT
b. upper GI series
c. cholecystogram
d. liver biopsy

74. A daily irrigation of the bowel through the colostomy opening may be done in an attempt to:

a. keep the rectum free of fecal material
b. establish a habit of bowel control
c. prevent the cut edges of the colostomy from growing together
d. prevent the development of an infection in the abdominal opening

75. The nurse responsible for irrigation and dressing of a colostomy must keep in mind:

a. the need for a constant stream of conversation directed away from the treatment and the patient's condition
b. the patient's resentment of the procedure
c. the need to teach some member of the family to do the procedure
d. that his attitude toward the procedure will influence the patient's acceptance of the condition

76. The pain of diseases of the liver and the gallbladder would be expected to begin in the:

a. epigastrium
b. sternum
c. right inguinal region
d. right upper quadrant

77. When histamine is given as part of a gastric analysis, what drug should be immediately available in case the patient has a reaction to the histamine?

a. Epinephrine
b. Atropine
c. An antihistamine
d. Xylocaine

78. Occult blood is:

a. found only in the stool
b. not visible to the naked eye
c. visible in the stool
d. found in the lower intestinal tract

79. Anorexia nervosa is a severe disorder in which the patient:

a. cannot eat without vomiting
b. is consistently nauseated and therefore cannot eat
c. becomes nauseated at the sight and smell of food
d. has an aversion to food

80. Water is normally absorbed from the stool while it is in the:

a. duodenum
b. jejunum
c. ileum
d. large colon

81. Paregoric may be used to treat:

a. paralytic ileus
b. diarrhea
c. constipation
d. amebic dysentery

82. Which organ of the digestive system can be described as a dilatation resembling a pouch?

a. Large intestine
b. Esophagus
c. Stomach
d. Anus

83. An example of a systemic antacid is:

a. sodium bicarbonate
b. Maalox
c. precipitated chalk
d. dilute HCl

84. A medication which would be given orally through a straw in order to protect tooth enamel is:

a. dilute hydrochloric acid
b. pepsin
c. bile salts
d. malt extract

85. An agent which is given as an aid in the metabolism of fats and also must be present for vitamin K to be utilized is:

a. proteolytic lipase
b. bile salts
c. malt extract
d. cholesterol

86. Saline cathartics work on the principle of:

a. filtration
b. osmosis
c. diffusion
d. infiltration

87. The physician ordered a bland liquid diet for the patient. The purpose of this diet is to:

a. provide only alkaline foods which will not be irritating to the stomach
b. stimulate peristalsis and prevent constipation
c. provide small feedings which are easily digested and are not irritating to the gastric mucosa
d. provide sterile feedings to avoid infection of the operative site

88. The most common complication to develop from a ruptured appendix is:

a. inflammation of the peritoneum
b. an intestinal obstruction
c. hemorrhage
d. ulceration of the ileum

89. The most common site(s) for development of a hernia is/are:

a. the groin and chest wall
b. at the site of an old abdominal incision and in the groin
c. over the umbilicus or upper abdomen
d. between the ribs

90. When an individual with a hernia cannot be treated surgically, an appliance for support of the weakened areas may be worn to relieve the symptoms. This appliance is often referred to as a:

a. brace
b. halter
c. binder
d. truss

91. Cirrhosis of the liver is:

a. caused by a deficiency of an unknown vitamin
b. associated with malnutrition and vitamin deficiencies
c. caused by excessive drinking of alcoholic beverages
d. believed to be a viral infection

92. Patients with cirrhosis of the liver frequently suffer from an accumulation of fluid within the abdominal cavity. This condition is referred to as:

a. peritonitis
b. pedal edema
c. ascites
d. flatulence

93. The removal of this excess fluid from the abdominal cavity is referred to as a:

a. thoracentesis
b. thoracotomy
c. paracentesis
d. gastrostomy

94. The normal liver manufactures prothrombin. When the liver is diseased, there is a decrease of this substance in the blood and the patient must be watched carefully for:

a. cyanosis
b. elevation of body temperature
c. a drop in weight
d. signs of bleeding internally or externally

95. Residue is best defined as the:

a. bulk left in small intestine after digestion of food
b. indigestible part of food
c. bulk left in large intestine after complete digestion of food
d. fibrous foods

96. Tube feedings are:

a. prepared under sterile techniques
b. prepared a whole week at a time to cut down on cost
c. ordered by the physician and properly labeled with the patient's name, room number, and type of feeding
d. given to the patient straight from the refrigerator because he can't feel the temperature

97. Which of the following symptoms is considered to be a possible sign of cancer of the colon?

a. Persistent diarrhea with bright red blood
b. Clay-colored stools
c. Hemorrhage from the rectum
d. Changes in bowel habits

98. The patient refused to look at the colostomy for the first few days after surgery. The reaction should be considered:

a. not unusual and must be handled with patience and understanding
b. childish and a result of an inability to face any of life's problems
c. absurd and indicates her lack of appreciation for everything that has been done for her during her illness
d. very serious because she can never be taught to care for her own colostomy

Ms. Marino is a 48-year-old woman who has been suffering from nausea, vomiting, and indigestion for several weeks. Her physician has admitted her for diagnostic studies although he suspects that she has gallstones.

99. Ms. Marino's indigestion would most likely be associated with eating:

a. sweets and other carbohydrates
b. fatty foods
c. protein foods
d. highly spiced foods

100. Ms. Marino's physician ordered several diagnostic tests for her. One of these tests was a cholangiogram, also known as a gallbladder study. These terms are used to describe:

a. a test for bile in the blood
b. laboratory tests for obstruction of the bile ducts
c. an x-ray examination of the gallbladder and bile ducts
d. a liver function test

101. Ms. Marino was found to have gallstones which were obstructing the flow of bile through the bile ducts. Bile is important in the digestion of fats because it:

a. emulsifies or breaks down fat globules into smaller particles
b. changes fat globules chemically, making them more difficult to digest
c. prevents rapid absorption of fat through the intestinal walls
d. speeds up elimination of fats through the intestinal tract

102. It was decided that Ms. Marino's condition would be treated surgically. The correct term for surgical removal of the gallbladder is:

a. colostomy
b. cholecystectomy
c. colectomy
d. cholecystostomy

103. For several days prior to surgery, Ms. Marino was given a vitamin K preparation. This vitamin is important in:

a. digestion of fats
b. healing of tissues
c. elimination of bile
d. clotting of blood

104. Ms. Marino complained of pain each time she was asked to take deep breaths and cough. This is most probably because:

a. she is very obese
b. she does not understand the importance of deep breathing and coughing
c. the Levin tube is irritating her throat
d. the suture line and operative site are very near the diaphragm

105. Observation of the patient's urine and stool are important whenever there is an obstruction in the flow of bile through the bile ducts. If there is little or no bile passing into the small intestine, the stools will be:

a. tarry
b. clay-colored
c. very watery
d. full of mucus

106. The nurse who accompanied Ms. Marino from the recovery room tells you that Ms. Marino has a T tube and drainage bottle as well as the Levin tube and suction. The T tube was inserted during surgery for the purpose of:

a. removing serous fluid from the abdominal cavity
b. providing a means for irrigating the operative area
c. providing for drainage of bile from the bile ducts
d. removing excess bile from the intestinal tract

107. As Ms. Marino's condition improved she was allowed out of bed even though the T tube was still in place. When getting her up, it is <u>most</u> important to:

a. clamp off the T tube even though there may not be a written order to do so
b. avoid tension or pulling on the tube
c. keep the drainage bottle above the level of the surgical incision
d. irrigate the tube before getting her out of bed

108. Before her discharge from the hospital, Ms. Marino received instructions regarding her diet. The physician wished her to have a limited fat diet. Which of the following would be allowed on this type of diet?

a. Chocolate
b. Nuts and avocados
c. Cream cheese
d. Jelly and jam

Mr. Kent was brought to the emergency room. While at work, he had experienced a sudden, severe pain in his epigastric region. He had become very weak and pale and was apparently in shock.

109. Mr. Kent's emergency condition was diagnosed as a perforated ulcer. This means that:

a. the ulcer had become larger and had spread to cover the entire stomach wall
b. he had an obstruction which prohibited the passage of food through the stomach
c. the ulcer had become malignant and spread to other parts of the intestinal tract
d. the ulcer had deepened and penetrated the wall of the stomach

110. Mr. Kent was immediately prepared for a gastric resection. This procedure involves surgical removal of:

a. the entire stomach
b. a loop of small intestine
c. part of the large intestine
d. part of the stomach

111. When Mr. Kent returned from surgery, he had a Levin tube in his stomach. It was attached to a Gomco suction apparatus. The purpose of this tube is to provide:

a. for adequate drainage of fluids and gases collecting in the stomach
b. a means for feeding the patient until he is able to eat solid food
c. an airtight drainage system for the intestinal tract
d. a means for administering fluids to combat dehydration

112. Ulcerative colitis is best described as:

a. chronic constipation due to a spastic colon
b. inflammation and ulceration of the mucous membranes of the colon
c. chronic diarrhea due to improper diet
d. inflammation of the lining of the stomach

113. The type of diet recommended for patients with ulcerative colitis would include:

a. foods containing bulk or roughage to combat diarrhea
b. high-protein, high-vitamin foods to combat malnutrition due to chronic diarrhea
c. restriction of liquids to decrease the number of watery stools
d. restriction of citrus fruits to avoid irritation of the mucous membrane of the colon

114. A diagnostic study of the digestive tract which includes an x-ray examination of the esophagus, stomach, and small intestine is called:

a. a barium enema
b. an esophagoscopy
c. a gastroscopy
d. a gastrointestinal series

115. The purpose of a barium enema is to:

a. do a biopsy
b. prepare the patient for a sigmoidoscopy
c. visualize the colon above the sigmoid
d. x-ray the ileum

116. A surgical procedure known as a colostomy is best defined as the:

a. removal of the stomach
b. insertion of a tube into the stomach for the purpose of feeding a patient with an obstruction in the digestive tract
c. removal of the affected portion of the colon and creation of an artifical anus through the abdominal incision
d. removal of the entire lower part of the intestinal tract and creation of an artifical anus through the abdomen

117. While caring for the patient's colostomy, it is especially important to care for the skin around the stoma. This special care includes:

a. rinsing the area with normal saline and applying fresh bandages
b. gently washing the area with soap and water, drying it, and covering it with a protective ointment or paste
c. pouring peroxide over the stoma and rubbing vigorously to remove hardened fecal material
d. submerging the area in warm water and rinsing with alcohol

118. As soon as the patient is able to be out of bed, it would be best to irrigate her colostomy while she is:

a. lying in the bathtub
b. sitting in a chair in her room
c. standing beside the bathroom sink
d. sitting on the commode in the bathroom

119. When teaching a patient to irrigate his own colostomy, it is most important to:

a. use equipment such as that available in the hospital
b. irrigate the colostomy at the same time each day
c. have the patient lie down in a comfortable position during the irrigation
d. use at least 4 quarts of fluid for each irrigation

120. The patient will need to make some alterations in her diet as long as she has the colostomy. These alterations would include:

a. eliminating all seasonings and spices from her diet
b. avoiding foods that are natural laxatives or likely to cause diarrhea or flatus
c. decreasing the intake of protein foods
d. increasing the intake of sweets and other foods which provide quick energy

121. Sitz baths are often given following a hemorrhoidectomy. The main purpose of these baths is to:

a. prevent hemorrhage
b. relieve pain and promote healing
c. prevent infection of the operative area
d. relieve constipation

122. Following a hemorrhoidectomy, the dressings can be held in place best by using a:

a. T binder
b. abdominal binder
c. pair of Montgomery straps
d. Scultetus' binder

123. Mouth care is important for the patient while the Levin tube is in place because:

a. poor oral hygiene will affect his appetite
b. the tube causes irritation and excoriation of the lips
c. he will not be eating or drinking and his mouth will be very dry
d. most patients develop fever blisters soon after a Levin tube is inserted

124. If a rectal tube has been inserted to aid in expelling gas, it should not be left in place longer than:

a. 1 hour
b. 45 minutes
c. 30 minutes
d. 15 minutes

125. On a low-residue diet, the patient should avoid:

a. refined cereals and fruit juice
b. raw fruits and vegetables
c. eggs and fat-free soups
d. milk and cheese

126. Which of the following foods would not be allowed on the patient's tray as long as her ulcer is being treated medically?

a. Butter and cream
b. Sugar and butter
c. Pepper and vinegar
d. Citrus fruit juices

127. An ice bag might be ordered if an acute inflammation of the appendix were suspected because the cold would:

a. decrease the blood supply to the part and slow up pus formation
b. relieve the pain by contracting the appendix
c. prevent the spread of an infection
d. deaden the pain until surgery can be done

128. Foods containing cellulose are valuable in the diet because the cellulose:

a. contains no calories and is not fattening
b. absorbs water, thus increasing the bulk in the intestines
c. can stop hunger pains
d. can be eaten in large amounts by any individual

129. Cellulose is found in abundance in:

a. refined flour and cereals
b. milk and milk products
c. fruits and vegetables
d. meat and poultry products

130. The mechanically soft diet is used for patients who:

a. are critically ill
b. are in the early stages of convalescence
c. have trouble in chewing their food
d. have difficulty in cutting their food

131. Every therapeutic diet given for more than a short time should aim at:

a. ease of digestion
b. nutritional adequacy
c. proper elimination
d. increase in weight

132. Which of the following nursing measures is contraindicated in acute appendicitis?

a. Alcohol backrub to relax the patient
b. Application of an ice collar to relieve nausea
c. Alcohol sponge bath to reduce body temperature
d. Application of a hot water bottle to the abdomen to relieve pain

133. Better patient acceptance of the prescribed diet in liver disease is obtained when:

a. foods are well seasoned and highly flavored
b. it is given in small frequent feedings
c. raw fruits and vegetables are omitted
d. only pureed foods are used

134. Once the gallbladder has been removed surgically, the patient can expect his diet to provide for:

a. gradual return to a full preoperative menu
b. adjustment of the fat intake according to his tolerance
c. only those foods low in fat
d. high-CHO, high-protein foods only

135. Diarrhea is the result of any intestinal disturbance that increases the:

a. absorption of fluid
b. breakdown of nutrients
c. peristaltic movement
d. desire for fluid intake

136. Excessive diarrhea will endanger the life of the patient because of:

a. dehydration of body cells
b. rapid loss of essential nutrients
c. exhaustion
d. infection

137. On the first day of an acute diarrhea, dietary treatment may consist of:

a. allowing the patient to select the foods that she will eat
b. withholding all food and oral fluids
c. providing foods that are quickly digested
d. coaxing the patient to take any food

138. The food that contains the most residue is:

a. cheese
b. apple
c. meat
d. white rice

139. An obstruction to the movement of materials through the small intestine could produce a symptom such as:

a. rectal hemorrhage
b. bleeding hemorrhoids
c. vomiting of fecal material
d. hematemesis

140. The patient who has had a hernia repair will not be allowed to do any heavy lifting or straining:

a. for an indefinite period to avoid a recurrence
b. unless a truss is worn
c. until a strong scar tissue has developed
d. for at least a year or two

141. Bile pigment is called:

a. urea nitrogen
b. bilirubin
c. amylase
d. glucose

142. A drug which produces vomiting is known as a/an.

a. antinauseant
b. digestant
c. emetic
d. antidiarrheal

143. Biliary colic is usually associated with:

a. cholelithiasis
b. pancreatitis
c. colitis
d. hepatitis

144. Measures to relieve pain in a post-op hemorrhoidectomy patient include all but:

a. positioning
b. analgesics
c. sitz baths
d. wound irrigation

145. The patient is to undergo bowel surgery. The purpose of administering Neomycin to this patient is to:

a. prevent postoperative infection
b. treat cancer of the colon
c. eliminate the need for preoperative enemas
d. decrease and retard growth of bacteria in the intestines

146. Neomycin belongs to a group of agents known as:

a. antibiotics
b. sulfonamides
c. anticholinergics
d. anti-anxiety drugs

147. A potential nursing problem particular to the post-op gastrectomy patient is:

a. hemorrhage
b. abdominal distention
c. thrombophlebitis
d. the dumping syndrome

148. The most common site of bowel cancer is the:

a. duodenum and rectum
b. cecum and sigmoid
c. duodenum and cecum
d. sigmoid and rectum

149. A chemical burn of the esophagus will eventually narrow the esophagus because:

a. the scar tissue will constrict
b. edema is produced
c. of the inflammatory process
d. scabs will form in the burned area

150. When the pyloric sphincter muscle hypertrophies, symptoms are produced because:

a. the nerve supply of the sphincter is interfered with
b. the tumor collapses the pyloric opening
c. the gastric contents pass into the duodenum too rapidly
d. thickened muscle narrows the sphincter opening

151. The fluid that accumulates in the condition of ascites comes from:

a. the spinal column
b. lymph nodes in the groin
c. capillary oozing
d. plasma fluid escaping from abdominal capillaries

152. The patient with ascites may be given a diuretic medication in an attempt to:

a. stop the infection
b. increase fluid output through the urinary system
c. prevent the escape of fluids
d. produce diarrhea

153. All of the following are typical symptoms of a gastric ulcer except:

a. pain 1 to 3 hours after meals which is relieved by eating again
b. bright red blood in the stools
c. vomiting of food or blood
d. tenderness in the upper abdomen

154. Jaundice frequently begins with a yellowish discoloration of the:

a. skin
b. nail beds
c. lips
d. whites of the eyes

155. Esophageal varices would be suspected in the presence of:

a. hematemesis and melena
b. pain and itching
c. coughing and dry throat
d. polydipsia

156. Parenteral hyperalimentation is given:

a. intravenously
b. by nasogastric tube
c. in a very dilute solution
d. to prevent infection

157. In parenteral hyperalimentation, edema of the face or neck means:

a. an allergic reaction
b. fluid is infiltrating the tissues
c. the patient's electrolytes are elevated
d. the kidneys have failed

158. To teach a patient postoperative colostomy care:

a. find out first what the patient already knows about the colostomy
b. start with postoperative teaching
c. get instructions only from the doctor to decide what to teach
d. begin with the family

159. Esophageal varices are caused by:

a. eating spicy foods
b. congestion in the gallbladder
c. congestion in the liver causing portal hypertension
d. consuming hot liquids

160. The colostomy is usually on the left side of the abdomen and the fecal content of the colon may be:

a. constipated
b. liquid
c. watery
d. solid

161. The medical term for varicose veins of the rectum is:

a. hernia
b. thrombosis
c. hemorrhoids
d. rectal prolapse

DISEASES OF THE GASTROINTESTINAL SYSTEM
UNIT IV

ANSWER SHEET

1.	d	26.	b	51.	a
2.	a	27.	c	52.	b
3.	a	28.	b	53.	d
4.	c	29.	b	54.	c
5.	d	30.	a	55.	a
6.	b	31.	b	56.	b
7.	b	32.	d	57.	c
8.	b	33.	b	58.	c
9.	c	34.	d	59.	b
10.	d	35.	c	60.	d
11.	d	36.	a	61	d
12.	d	37.	d	62.	d
13.	b	38.	b	63.	b
14.	d	39.	d	64.	c
15.	d	40.	c	65.	d
16.	b	41.	b	66.	b
17.	a	42.	d	67.	c
18.	c	43.	d	68.	b
19.	c	44.	c	69.	c
20.	b	45.	d	70.	a
21.	a	46.	d	71.	b
22.	c	47.	c	72.	c
23.	b	48.	b	73.	c
24.	b	49.	b	74.	b
25.	b	50.	d	75.	d

76. d
77. a
78. b
79. d
80. d
81. b
82. c
83. a
84. a
85.
86. b
87. c
88. a
89. b
90. d
91. b
92. c
93. c
94. d
95. c
96. c
97. d
98. a
99. b
100. c
101. a
102. b
103. d
104. d
105. b
106. c
107. b
108. d
109. d
110. d
111. a
112. b
113. b
114. d
115. c
116. c
117. b
118. d
119. b
120. b
121. b
122. a
123. c
124. c
125. b
126. c
127. a
128. b
129. c
130. c
131. b
132. d
133. b
134. b
135. c
136. a
137. b
138. b
139. c
140. c
141. b
142. c
143. a
144. d
145. d
146. a
147. d
148. d
149. a
150. d

151. d

152. b

153. b

154. d

155. a

156. a

157. b

158. a

159. c

160. d

161. c

DISEASES OF THE URINARY AND MALE REPRODUCTIVE SYSTEMS
UNITS V and VI

1. The role of the kidney in homeostasis is demonstrated by the fact that:

   a. sugar cannot accumulate in the bloodstream
   b. the kidney always returns useful materials to the bloodstream
   c. only small particles can get through the capillary wall
   d. the greater the fluid intake, the greater the urine output

2. Cystitis caused by the E. coli is a disease more common in:

   a. females
   b. males
   c. children
   d. elderly males

3. The most common symptom(s) of cystitis are:

   a. the frequency and urgency of urination
   b. severe abdominal cramping
   c. high blood pressure and headache
   d. retention of urine and distention of the bladder

4. A drug that is slowly eliminated from the body can produce very serious symptoms when its effects are:

   a. rapid
   b. retarded
   c. cumulative
   d. habit-forming

5. A diet planned to prevent the recurrence of kidney stones must be based on:

   a. information about the type of stones formed
   b. acid-ash forming foods
   c. foods high in fats, sugars, and starches
   d. foods considered neutral

6. Kidney damage due to the toxins of the hemolytic streptococcus occurs in:

   a. pyelitis
   b. cystitis
   c. nephritis
   d. nephrosis

7. Infection of the kidney caused by bacterial invasion is called:

   a. nephrosis
   b. cystitis
   c. nephritis
   d. pyelonephritis

8. Degenerative condition of the kidneys without the occurrence of inflammation is called:

   a. nephritis
   b. uremic frost
   c. nephrosis
   d. nephrotomy

9. Surgical removal of the kidney is called:

   a. renal failure
   b. nephrectomy
   c. urology
   d. glomulonephritis

10. The first part of the functioning unit of the kidney to be damaged in acute nephritis is the:

   a. glomerulus
   b. Bowman's capsule
   c. proximal tubule
   d. collecting tubule

11. The smoky urine of an acute nephritis is produced when:

   a. the kidney pelvis is irritated
   b. kidney stones damage the mucous membrane of the ureter
   c. red blood cells are pushed into Bowman's capsule
   d. bladder distention progresses to an inflammation

12. The artificial kidney used in the treatment of kidney failure is most effective in cases in which there is:

   a. a chronic failure in kidney function
   b. an acute failure in which the kidney tissues have not been destroyed and may begin to function again
   c. an acute failure in which the kidneys themselves have been destroyed
   d. any type of failure of the kidneys to function

13. In chronic nephritis, if protein loss in the urine is high, the diet must be planned to:

   a. stress increased fluid intake
   b. provide a rest for the kidneys
   c. supply an increased amount of protein
   d. reduce the protein supply until the kidneys can handle it better

14. If the kidney damage in nephrosis results in anuria, the fluid intake must be:

   a. restricted
   b. increased
   c. stimulated by sitz baths
   d. given by I.V. method

15. The albumin in the urine of the patient with nephrosis comes from the:

a. kidney tubules
b. medulla of the kidney
c. lymph
d. blood plasma

16. Whenever a medication is ordered for its diuretic effect, the nurse should understand, without a doctor's written order, the importance of:

a. forcing liquids
b. placing the patient on bedrest
c. measuring all fluid output
d. sending a daily urine specimen

17. The caffeine group of diuretics are considered stimulant diuretics be cause they act by:

a. stimulating the tubule cells
b. increasing peristalsis of the ureters
c. stimulating the nerve supply to the bladder
d. increasing the supply of blood through the glomeruli

18. The patient with uremia frequently has severe itching of the skin from deposits of urea. The best method of combatting this pruritus is by:

a. bathing frequently with soap and water
b. applying lotion without bathing to prevent drying of the skin
c. sponging the skin with a mild alkaline solution
d. sponging the skin with a mild vinegar solution

19. While collecting a urine specimen for a culture, it is most important for the nurse to:

a. obtain at least 100 cc of urine
b. be careful not to contaminate the inside of the culture
c. use a sterile bedpan for collection of the specimen
d. call the laboratory in advance so it can prepare for the test

20. Which of the following diagnostic tests determine the ability of the kidneys to excrete a dye?

a. PSP
b. BUN
c. Cystoscopy
d. Fishberg concentration test

21. X-ray visualization of the urinary tract through the use of a radiopaque dye given directly into the vein is called:

a. cystoscopy
b. IVP
c. PSP
d. BUN

22. X-ray visualization of the urinary tract through the use of a radiopaque dye given through a urethral catheter is called:

a. cystoscopy
b. IVP
c. retrograde pyelogram
d. cystogram

23. The two most common lab tests ordered to determine waste products in the blood are:

a. CBC and UA
b. BUN and NPN
c. BSP and PSP
d. WBC and blood sugar

24. Suppression of urine refers to:

a. inability of the bladder to empty
b. secretion of little or no urine by the kidneys
c. decrease in peristalsis of the ureters preventing movement
d. urine left in the bladder after voiding

25. Ms. A. was diagnosed as having an inflammation of the bladder. The medical term for this is:

a. cystitis
b. hydronephrosis
c. nephritis
d. urethritis

26. Treatment of inflammation of the bladder includes urinary antiseptics, antibiotics, sitz baths, and rest. The doctor ordered Pyridium 100 mg tid. The medication nurse should tell Ms. A.:

a not to take it if she is allergic to sulfa
b. her urine will turn reddish orange
c. her urine should stay acid so the medication will not crystalize
d. the medication will relieve the dysuria best if taken before the sitz bath

27. In an effort to relieve edema of the extremities so common in uremia, the nurse should:

a. force fluids
b. give the patient regular passive exercises
c. elevate the extremities with pillows so that they are slightly above the level of the heart
d. massage the extremities daily

28. Patients who have had a nephrectomy must be watched carefully, especially for:

a. incontinence
b. hemorrhage
c. urinary retention
d. abdominal distention

29. The position of the patient for a cystoscopy is:

a. knee chest
b. lithotomy
c. prone
d. Fowler's

30. In hydronephrosis:

a. the kidney has ceased to function
b. the kidney pelvis is distended with a large amount of fluid
c. there is degeneration of the renal tubules
d. there is thickening of the renal tubules

31. In dialysis:

a. the functioning of the patient's kidney is altered
b. the symptoms of uremia disappear
c. intracranial pressure increases
d. urinary wastes are removed from the blood

32. A major nursing responsiblity for patients with renal calculi is:

a. limiting fluid intake
b. straining all urine
c. preventing infection
d. keeping the patient in bed

33. Patients with renal calculi may manifest all of the following symptoms <u>except</u>:

a. low back pain
b. decreased urine production
c. blood in the urine
d. pus in the urine

34. Neoplasms of the kidney:

a. are usually malignant
b. occur most often in children
c. can be cured very easily
d. occur most often in the aged

35. A nephrostomy is:

a. removal of a kidney
b. not a surgical procedure
c. an enlargement of a kidney
d. performed for the purpose of draining the kidney

36. A cystoscopy is:

a. a surgical procedure in which the doctor inserts an instrument into the kidney for the purpose of visualizing the kidney pelvis
b. an injection of dye into the bladder for the purpose of visualizing the contour of the bladder by x-ray
c. a surgical procedure in which the doctor inserts an instrument through the urethra into the bladder for the purpose of visualizing the interior of the bladder
d. a biopsy of the bladder

37. When weighing a patient, you should:

a. take the patient downstairs to the scales in the clinic
b. weigh the patient in the late afternoon each day
c. weigh the patient at the same time every day, on the same scales, and with the same amount of clothing each time
d. ask the orderly to weigh the patient because it is difficult to move the scales to the patient's room

38. The urinary retention catheter most often used is called a:

a. Levin
b. Foley
c. Cantor
d. Miller-Abbott

39. When a patient has a retention catheter, nursing responsibilities should include all of the following except:

a. recording intake and output
b. observation of the urine for color
c. limiting fluid intake
d. keeping drainage bottle below the level of the bladder

40. Hemodialysis is a:

a. form of x-ray therapy
b. diagnostic procedure
c. method used to cure polynephritis
d. mechanical method of removing waste products

41. A patient with acute glomerulonephritis may manifest all of the following symptoms except:

a. edema
b. puffy eyes
c. polyuria
d. hypertension

42. The diet for a patient with acute glomerulonephritis is usually:

a. high protein
b. low sodium
c. high carbohydrate
d. high fat

43. The amount of solid waste products in the urine in relation to the amount of water determines the:

a. BUN
b. creatinine clearance
c. specific gravity
d. NPN level

44. The specific gravity of the urine is regulated by the kidneys acting under the influence of:

a. LDH
b. ADH
c. SGOT
d. SGPT

45. The average amount of urine voided by an adult in 24 hours may range from:

a. 1000 cc to 1200 cc
b. 400 cc to 1000 cc
c. 1200 cc to 1500 cc
d. 1500 cc to 2000 cc

46. Painful urination is referred to as:

a. dysuria
b. oliguria
c. anuria
d. hematuria

47. When anorexia is present in chronic nephritis, the diet plan may need to:

a. restrict fats
b. increase calorie content
c. provide small frequent feedings
d. reduce the amount of fluid

48. The catheterization procedure is one that the nurse can never do unless:

a. the doctor refuses to do it
b. the condition of the patient makes it an emergency
c. the patient is free of all venereal disease
d. there is a written order by the doctor

49. A blood urea nitrogen test is done to determine the:

a. concentration of urine
b. amount of urea and nitrogen wastes accumulating in the urine
c. waste products being left in the blood because of the failure of the kidneys to remove them
d. amount of bacteria being left in the blood because of the failure of the kidneys to remove them

50. The medical term for kidney stones is:

a. uremia
b. renal calculi
c. nephroptosis
d. hydronephrosis

51. The chief purpose of straining urine is to:

a. remove blood clots for examination
b. remove bits of tissue that may have been excreted in the urine
c. check to see if a stone is passed in the urine
d. obtain a more accurate record of the patient's urinary output

52. Acute glomerulonephritis frequently follows infections elsewhere in the body. These infections are most often caused by:

a. streptococci
b. staphylococci
c. influenza viruses
d. tubercle bacilli

53. Pyelonephritis is caused by:

a. accumulation of urine in the kidney
b. persistent presence of bacteria in the urine
c. formation of stones in the urinary tract
d. a noninfectious inflammation of the kidney cells

54. The KUB is an x-ray film of:

a. the stomach
b. the gallbladder and kidneys
c. the kidneys, ureters, and bladder
d. the kidneys and ureters

55. The appearance of blood in the urine is referred to as:

a. dysuria
b. oliguria
c. anuria
d. hematuria

56. Blood urea nitrogen normal range is:

a. 20 - 40 mg/100 ml blood
b. 10 - 20 mg/100 ml blood
c. 0 - 10 mg/100 ml blood
d. 40 - 80 mg/100 ml blood

57. Serum creatinine is done by using:

a. blood serum
b. 24 hr urine
c. urinalysis
d. urine culture

58. The patient in renal failure may have severe dryness and itching of the skin. This is best described as:

a. urethritis
b. pruritus
c. cystitis
d. nephritis

59. Surgery for the removal of a kidney stone lodged in the ureter would be known as a:

a. nephropexy
b. ureterostomy
c. cystectomy
d. ureterolithotomy

60. Absence of urine is referred to as:

a. polyuria
b. anuria
c. hematuria
d. dysuria

61. Excessive excretion of urine is known as:

a. hematuria
b. polyuria
c. anuria
d. oliguria

62. Drugs given to increase the flow of urine are known as:

a. antihistamines
b. antiseptics
c. diuretics
d. antibiotics

63. Drugs given to treat infections of the urinary system are:

a. stimulants
b. antibiotics
c. diuretics
d. sedatives

64. A nursing responsibility for the patient receiving sulfa drugs is to:

a. sedate the patient
b. force fluids
c. restrict fluids
d. keep record of intake and output

65. Surgery for removal of the bladder would be known as:

a. cystoscopy
b. cystotomy
c. nephrectomy
d. cystectomy

66. All diuretics should be administered to patients with caution because they:

a. increase water excretion in the urine so a patient will automatically be dehydrated
b. usually upset the body's electrolyte balance
c. always excrete too much potassium and sodium
d. interfere with the formation of the carbonate ions

67. With the thiazide diuretics, the biggest problem is:

a. hypotension
b. weakness
c. potassium depletion
d. carbonate depletion

68. A urinary antiseptic is useful:

a. in bacterial infections of the urinary tract when long term therapy is advisable due to resistant or recurrent infection
b. in acute bacterial infections of urinary tract before antibiotics have been tried
c. for short term therapy when the causative factor of the infection is unknown
d. in treatment of viral infections of the urinary tract

69. A transurethral prostatectomy means that the gland is removed through:

a. the abdomen
b. a perineal incision
c. the urethra
d. a thoracic incision

70. An excessive amount of fluid in the sac that surrounds the testicle and causes the scrotum to swell is called:

a. a nephrotic syndrome
b. a urethral anomaly
c. a hydrocele
d. an epididymitis

71. Cancer of the prostate usually occurs in men:

a. after a serious genitourinary infection
b. after the age of 35
c. before the age of 30
d. after a transurethral prostatectomy

72. A veneral ulceration of the penis caused by Treponema pallidum is:

a. balanitis
b. chancre
c. herpes
d. fusiform

73. An inflammation of the testes is called:

a. epididymitis
b. orchitis
c. prostatitis
d. varicocele

Mr. McGregor, age 72, has been experiencing difficulty in urinating for the past several months. He was examined by his family physician and found to have an enlarged prostate gland.

74. An enlarged prostate gland interferes with urination because this gland:

a. is located near the kidneys and presses against them
b. encircles the urethra just below the neck of the bladder
c. secretes a substance important in the formation of urine
d. controls the sphincter muscle at the end of the urethra

75. Mr. McGregor was admitted to the hospital and scheduled for a transurethral prostatic resection. In this procedure:

a. an incision is made into the perineum and the entire prostate gland is removed
b. the prostate gland is removed through an incision directly over the bladder
c. a low abdominal incision is made and the prostate gland is removed
d. part of the prostate gland is removed by way of the urethra

76. If Mr. McGregor complains of severe pain in the bladder region, the nurse's first action should be to:

a. check to see if the catheter is open and draining freely
b. administer another dose of an analgesic medication because elderly patients require large amounts of sedation
c. clamp the catheter and gently massage the bladder region
d. summon the physician immediately

77. Frequent irrigations of the bladder are usually ordered following a prostatectomy. The chief purpose of these irrigations is to:

a. prevent infection in the bladder by destroying all bacteria
b. keep the urinary tract free from scar tissue
c. control hemorrhage from the bladder
d. remove blood

78. Orchitis may be a complication of mumps and sometimes occurs in the adult male. Orchitis is an inflammation of the:

a. prostate gland
b. testicles
c. epididymis
d. glans penis

79. The surgical procedure in which part of the foreskin is removed from the penis is called:

a. a circumcision
b. an orchidectomy
c. a penectomy
d. an epidymectomy

80. A condition in which the foreskin cannot be retracted over the glans penis is called:

a. prostatitis
b. phimosis
c. cryptorchidism
d. hydrocele

81. The least complicated surgery for benign prostatic hypertrophy is:

a. suprapubic prostatectomy
b. retropubic prostatectomy
c. perineal prostatectomy
d. transurethral prostatectomy

82. Following a TUR, an order for continuous irrigation of the catheter is given to:

a. prevent clots from forming in the bladder
b. reduce the possibility of postoperative bladder infection
c. control the pain caused by urinary retention
d. prevent a backup of urine in the ureters

83. After a cystotomy tube is removed, the suprapubic wound will:

a. bleed for a few hours
b. close in two to three hours
c. most likely be painful for several weeks
d. frequently leak urine for a few days

84. Following removal of the urethral catheter, the nurse may notice the patient has:

a. severe pain for two to three hours and may require a narcotic
b. some dribbling of urine
c. bleeding which may persist for seven to ten days
d. anuria

85. The drug of choice in treating syphilis is:

a. Ampicillin
b. Penicillin
c. Tetracycline
d. Keflin

86. Syphilis is acquired by:

a. going to the bathroom after someone
b. sexual contact
c. drinking after someone
d. wearing someone else's underwear

87. In the male, the first symptom of gonorrheal infection is:

a. burning and pain on urination
b. hematuria
c. chills and fever
d. perineal and scrotal pain

88. A prostatectomy in which the prostate gland is removed by an incision into the bladder is called a:

a. TUR
b. retropubic
c. suprapubic
d. perineal

89. A prostatectomy in which the prostate gland is reduced through the urethra by insertion of instrument with a cutting and cauterizing loop on the end is a:

a. TUR
b. retropubic
c. suprapubic
d. perineal

90. A prostatectomy in which the prostate is removed by an incision in the lower abdomen and the bladder is pulled forward for removal of the gland is called:

a. a TUR
b. a retropubic
c. a suprapubic
d. a perineal

91. What type of prostatectomy renders a man impotent?

a. TUR
b. Suprapubic
c. Perineal
d. Retropubic

92. A high level of acid phosphatase indicates the cancer:

a. is present in the prostatic capsule only
b. has spread to the brain
c. has progressed beyond the prostatic capsule
d. has been removed

93. Cryptorchidism is another term for:

a. an enlarged prostate
b. menstruation
c. an undescended testicle
d. sterility

94. A male sex hormone is:

a. estrogen
b. pitocin
c. testosterone
d. progesterone

95. The hormone frequently given to males who have CA of the prostate is:

a. Stilbestrol
b. ACTH
c. Prednisone
d. Depo Medrol

DISEASES OF THE URINARY AND MALE REPRODUCTIVE SYSTEMS
UNITS V and VI

ANSWER SHEET

1.	d	26.	b	51.	c
2.	a	27.	c	52.	a
3.	a	28.	b	53.	b
4.	c	29.	b	54.	c
5.	a	30.	b	55.	d
6.	c	31.	d	56.	b
7.	d	32.	b	57.	a
8.	c	33.	b	58.	b
9.	b	34.	a	59.	d
10.	a	35.	d	60.	b
11.	c	36.	c	61.	b
12.	b	37.	c	62.	c
13.	c	38.	b	63.	b
14.	a	39.	c	64.	b
15.	d	40.	d	65.	d
16.	c	41.	c	66.	b
17.	d	42.	c	67.	c
18.	d	43.	c	68.	a
19.	b	44.	b	69.	c
20.	a	45.	d	70.	c
21.	b	46.	a	71.	b
22.	c	47.	c	72.	b
23.	b	48.	d	73.	b
24.	b	49.	c	74.	b
25.	a	50.	b	75.	d

76. a
77. d
78. b
79. a
80. b
81. d
82. a
83. d
84. b
85. b
86. b
87. a
88. c
89. a
90. b
91. c
92. c
93. c
94. c
95. a

DISEASES OF THE ENDOCRINE SYSTEM
UNIT VII

1. Simple (colloid) goiter is caused by too:

   a. much iodine
   b. little iodine
   c. much potassium
   d. little potassium

2. Preoperative teaching for a thyroidectomy patient includes:

   a. stimulating activities to keep the patient from being bored
   b. teaching the patient not to move at all so that he will not pull the stitches postoperatively
   c. deep breathing and coughing exercises to prevent respiratory complications
   d. teaching the patient to lift his head with his hands postoperatively

3. Postoperatively after a thyroidectomy:

   a. a patient can speak aloud if she feels able
   b. if the patient complains of "fullness" in the throat assure her that this is normal and not to feel concerned
   c. inspect the sides and back of the neck dressing for possible hemorrhage from the incision
   d. check throat with tongue blade and flashlight for signs of active draining

4. Hyperparathyroidism is caused by:

   a. an underfunctioning of the parathyroid glands
   b. an overgrowth of the parathyroid glands
   c. a shrinking of the parathyroid glands
   d. pituitary malfunction

5. Hyperparathyroidism can cause:

   a. calcium stones in the kidney
   b. lack of calcium in the kidneys
   c. too much calcium to be stored in the bones
   d. too much phosphorus in the system

6. Chvostek's sign is positive:

   a. when sharp tapping on the chin causes a spasm of the tongue
   b. when sharp tapping on the nerve over the parotid gland causes the mouth, nose, and eye to twitch
   c. when sharp tapping on the cheek causes blinking of the eye on that side
   d. when application of cold to the cheek causes twitching of the opposite eye

7. If the patient with hypoparathyroidism is also a cardiac patient and is receiving digitalis, calcium gluconate:

   a. given I.V. will neutralize the digitalis
   b. will have no effect because of the digitalis
   c. used with digitalis will potentiate each other and can cause dangerous arrhythmias
   d. will have to be given intramuscularly

8. Adrenalin is secreted from:

   a. the adrenal medulla
   b. the adrenal cortex
   c. both the adrenal cortex and medulla
   d. the pituitary gland

9. "Fight" or "flight" phenomenon involves:

   a. both epinephrine and norepinephrine
   b. only adrenalin
   c. only noradrenalin
   d. only the endocrine glands

10. A tumor originating from the adrenal medulla, specifically the chromaffin cells, is called:

    a. phenolphthalein
    b. pheochromocytoma
    c. phenylketonuria
    d. phenocytoma

11. The tumor originating from the adrenal medulla:

    a. raises the B/P
    b. lowers the B/P
    c. does not affect the B/P
    d. promotes renal atrophy

12. Mineralocorticoids from the adrenal cortex regulate:

    a. mineral metabolism
    b. CHO metabolism
    c. sex hormones
    d. Na and H_2O retention

13. Glucocorticoids from the adrenal cortex regulate:

    a. CHO metabolism
    b. mineral metabolism
    c. sex hormones
    d. Na and H_2O retention

14. Addison's disease is caused by:

a. too much secretion of cortical hormones
b. too little secretion of cortical hormones
c. spastic secretion of cortical hormones
d. exocrine gland hypertrophy

15. Cushing's syndrome is caused by:

a. excessive secretion of adrenal medulla
b. limited adrenal cortex secretion
c. excessive adrenal cortex secretion
d. overproduction of thyroxine

16. Primary aldosteronism is caused by a tumor of the:

a. pancreas
b. thyroid gland
c. pituitary gland
d. adrenal gland

17. The external secretion from the pancreas involving digestion of proteins is:

a. amylase
b. lipase
c. trypsin
d. bile

18. The internal secretion from the beta cells of the pancreas is:

a. glucagon
b. insulin
c. glycogen
d. trypsin

19. A patient with acute pancreatitis may have:

a. ice chips only
b. ice chips and gum for relief of thirst
c. whatever food will stimulate his appetite
d. a soft bland diet

20. Juvenile diabetes is:

a. less severe than adult at onset
b. more severe than adult at onset
c. more easily controlled than adult at onset
d. easily controlled by diet

21. The pituitary gland is located in the:

a. base of the neck
b. dorsal surface of the thyroid gland
c. sella turcica at the base of the brain
d. temporal region of the brain

22. The predominant symptom of diabetes insipidus is:

a. 6 to 40 liters of urine output per day
b. lack of appetite
c. drowsiness
d. vertigo

23. Deposition of uric acid crystals in the tissues is called:

a. Tay-Sachs disease
b. gout
c. phenylketonuria
d. uremia

24. Which drug could be used to treat hyperthyroidism?

a. Acthar
b. Winstrol
c. Parathyroid
d. Propylthiouracil

25. Thyroid extract is used to treat:

a. myxedema
b. Addison's disease
c. Cushing's syndrome
d. dwarfism

26. A factor which could contribute to the development of diabetes mellitus is:

a. injury to the pituitary gland
b. lack of the antidiuretic hormone
c. injury to the pancreas
d. lack of the adrenal hormones

27. A responsibility that should be shared by the dietitian and the nurse is:

a. administering the insulin
b. prescribing the right kind and amount of insulin
c. teaching how to use the food exchange lists
d. urging the patient to attend a diabetic clinic

28. If the diabetic patient is overweight, the diet prescribed will:

a. eliminate all carbohydrates and fats
b. allow maintenance of present weight
c. include six meals a day and a bedtime feeding
d. contain reduced calories

29. An abnormal protrusion of the eyeballs in hyperthyroidism is called:

a. ptosis
b. hyperplasia
c. exomphalos
d. exophthalmos

30. Hyperthyroidism is also known as:

a. myxedema
b. Graves' disease
c. exophthalmos
d. cretinism

31. The function of the parathyroid glands is to:

a. regulate blood pressure
b. provide energy
c. help maintain homeostasis of calcium in the blood
d. control the amount of urine excreted

32. It may be expected that after a thyroidectomy the patient will have:

a. difficulty swallowing for a few days
b. some disturbance of calcium metabolism
c. emotional behavior
d. hypothyroidism

33. Skin care of diabetics is extremely important because an infection may:

a. cause hemorrhage
b. heal very slowly
c. disturb carbohydrate metabolism
d. destroy red blood cells

34. The insulin which the body produces is chiefly responsible for:

a. preventing the body from changing so much sugar into glucose
b. slowing up the appetite for sugar
c. helping the body use up its glucose
d. making the digestive juices effective

35. The first change that occurs when the pancreas fails to provide enough insulin to use or to store sugar is indicated by the term:

a. hypoglycemia
b. hyperglycemia
c. polyuria
d. polydipsia

36. Polyuria is a symptom of diabetes. This is the result of the body's attempt to:

a. get the sugar to the body areas that need it
b. replace fluids lost through the kidneys
c. get rid of the excess sugar in the blood
d. dilute the blood

37. When the diabetic has more insulin available to his cells than he has food materials to be burned, the complication that results is:

a. diabetic coma
b. convulsions
c. insulin shock
d. hypoglycemia

38. The untreated diabetic will find that cuts and other wounds will heal slowly because:

a. the excess sugar in the blood decreases the healing properties
b. the excess of insulin interferes with the healing process
c. the blood is slow to clot
d. the person does not take proper care of herself

39. An early symptom of insulin shock the nurse must learn to recognize is:

a. blurred vision
b. numbness of lips and tongue
c. nausea
d. excessive perspiration

40. The patient must be taught that the beginning of insulin shock may be recognized by the feeling of:

a. vomiting
b. hunger
c. anorexia
d. confusion

41. In diabetes, the total caloric intake is usually planned to enable the patient to maintain:

a. ideal weight for height and age
b. weight somewhat above normal to provide a reserve supply
c. a slow, steady loss in weight to lessen the work of the pancreas
d. carbohydrate foods at a level at which the insulin can take care of it

42. Acidosis, or diabetic coma, is produced when the body is in a condition described as:

a. hypoglycemia
b. hyperglycemia
c. glycosuria
d. polyuria

43. In acidosis, the blood becomes less able to combine with carbon dioxide. The result is noticed as:

a. rapid, shallow breathing
b. stertorous respirations
c. polypnea
d. air hunger

44. If the diabetic sharply restricts his carbohydrate intake, the body may use the stored fats for energy. If an excess of fatty acid piles up in the blood, a complication occurs known as:

a. acidosis
b. alkalosis
c. coma
d. convulsions

45. If a diabetic patient dislikes a carbohydrate food on her tray, the nurse may:

a. call the doctor about it
b. tell the patient she has to eat it
c. substitute another food containing about the same amount of carbohydrates
d. give the patient an orange slice

46. The nurse should contribute to the good mental health of the newly diagnosed diabetic. He can do this in his teaching when he:

a. urges the patient to keep her weight slightly above normal
b. stresses the need to consult the doctor often
c. tries to convince the patient she can lead a normal, useful life
d. tries to help patient to understand her physical restrictions

47. A popular product that may be given to the diabetic child without making dietary changes is:

a. diabetic ice cream
b. diabetic canned fruits
c. carbonated beverage sweetened with a noncaloric sweetener
d. a diabetic chewing gum

48. If the diabetic child is ill, the parent should expect insulin shock to occur in the presence of a symptom such as:

a. dyspnea
b. pruritus
c. vomiting
d. photophobia

49. When the patient is getting NPH insulin, dietary plans must include:

a. dividing the carbohydrate equally among three meals
b. a bedtime feeding
c. four or six daily meals instead of three
d. giving the largest amount of the carbohydrate allowance at the meal that follows the administration of insulin

50. Insulin is effective in the control of diabetes because it:

a. prevents accumulation of carbohydrates
b. neutralizes carbohydrates
c. lowers blood sugar by aiding metabolism of carbohydrates
d. prevents fats from being changed to glucose

51. A 24-hour urine specimen has been ordered on a diabetic patient. The nurse must know that the first specimen to be saved is:

a. the 12:00 noon voiding
b. the 8:00 a.m. voiding
c. the first a.m. voiding after the bladder has been emptied of the night's collection
d. the 6:00 a.m. voiding

52. The thyroid gland cannot function normally if the diet lacks adequate:

a. vitamin K
b. high-calorie foods
c. hemoglobin-building foods
d. iodine

53. The amount of thyroxin produced by the thyroid gland determines:

a. the growth of axillary and pubic hair
b. the quantity of milk produced by the breast
c. muscle coordination
d. the speed of metabolism

54. If the hyperthyroid patient does not get treatment that will lessen the symptoms, his death will be due to:

a. physical exhaustion
b. heart failure
c. muscle fatigue
d. toxemia

55. A simple goiter is produced as the body makes an effort to compensate for:

a. the increased rate of growth during adolescence
b. the increased thyroxin production
c. inadequate intake of iodine
d. a calcium imbalance

56. Hemorrhage is the most common complication of a thyroidectomy. Postoperative care must include:

a. checking the pulse every 30 minutes
b. keeping the patient in a prone position
c. giving the patient morphine to keep her quiet
d. inspecting the sides and the back of dressings often

57. The nurse is assigned to set up the recovery room to receive a thyroidectomy patient. It will be most important to include:

a. the oxygen tent
b. I.V. fluids
c. the tracheotomy set
d. ice bags

58. The decreased metabolism of the myxedema patient is responsible for sensitivity to:

a. coffee and tea
b. criticism
c. most medications
d. cold

59. An iodine solution should be given in milk or fruit juice because:

a. the taste of the drug is unpleasant
b. it irritates the lining of the stomach
c. the effects of the drug are increased
d. it destroys the teeth

60. An important function of a secretion of the anterior lobe of the pituitary gland is its regulation of:

a. cell use of blood sugar
b. pregnancy
c. the rate and amount of growth
d. the fear mechanism

61. Adrenalin is the hormone that prepares us to:

a. metabolize sugar
b. use our calcium reserves
c. fight or run
d. force a baby out of the uterus

62. When the blood sugar level in the normal person gets too high, the process of homeostasis stimulates:

a. an urge to exercise and work it off
b. the intake of enough fluid to dilute the sugar
c. the kidneys to work harder to get the extra sugar out of the body
d. the bone marrow to speed up the manufacture of red blood cells so that there will be storage space for the extra glucose

63. The pituitary gland is considered the most important endocrine gland because:

a. its secretions stimulate other endocrine glands to produce
b. its secretions control the nervous system
c. it produces so many different secretions
d. its secretions circulate freely in the bloodstream

64. The islets of Langerhans produce:

a. bile
b. parathormone
c. insulin
d. adrenalin

65. In the female, the endocrine glands known as the gonads are the:

a. tubes
b. Bartholin's glands
c. ovaries
d. pituitaries

66. The pancreas is located:

a. behind the liver
b. above the spleen
c. behind the stomach
d. lateral to the lungs

67. All of the following increase a patient's need for insulin except:

a. emotional upsets
b. exercise
c. infection
d. trauma

68. All of the following are symptoms of diabetes except:

a. glycosuria
b. hypoglycemia
c. polyuria
d. weight loss

69. Which of these statements is not true of diabetes?

a. In mild cases diet may be the only control required
b. The diabetic can be cured by taking insulin for a few years
c. The earlier the onset of symptoms, the more severe the symptoms
d. There is an hereditary factor involved in diabetes

70. Which of the following is not a complication of diabetes?

a. Blindness
b. Gangrene of the toes
c. Osteoporosis
d. Pyelonephritis

71. Which of the following is not an oral drug used in the treatment of diabetes?

a. Tolinase
b. Diabinese
c. Lente
d. Orinase

72. Foot care for the diabetic should include all but which of the following procedures?

a. Wash feet every day in warm water and pat dry
b. Trim toenails straight across
c. Inspect feet every day
d. Go barefoot often to let feet get fresh air

73. Insulin is never taken by mouth because it:

a. works too rapidly
b. is destroyed by digestive juices in the stomach
c. causes an upset stomach
d. is poorly absorbed in the intestines

74. The age group in which diabetes is the hardest to regulate is:

a. children
b. the elderly
c. women over 40 years old
d. men over 40 years old

75. Even in the absence of a family history of diabetes, the obese person may develop the disease because:

a. the accumulation of fatty tissue increases the blood sugar
b. the pancreas gets exhausted trying to supply insulin for the excessive food intake
c. the liver cannot store all the extra sugar taken into the system and tries to eliminate it in the urine
d. obesity occurs only when other health habits are poor

76. When the nurse is assigned to clean out the ward refrigerator containing medications, it is most important to check the insulin bottles for the:

a. amount of insulin in each bottle
b. color of the insulin
c. expiration date
d. odor of the insulin

77. An increased secretion of the pituitary gland would result in:

a. gigantism in the child and acromegaly in the adult
b. dwarfism in the child and acromegaly in the adult
c. acromegaly in the child and gigantism in the adult
d. dwarfism in the child and adult

78. The cause of visual difficulty in a diabetic may be due to:

a. blood-vessel changes
b. nerve damage
c. glaucoma
d. conjunctivitis

79. The diabetic patient asks for a hot water bottle for her feet. Your best reply would be:

a. "I will bring you one right away"
b. "Wouldn't you prefer an electric pad since it will stay warm as long as you need it and you can turn it off and on as you want?"
c. "The best way to keep your feet warm is to wear soft socks. I will bring you a pair to try"
d. "I am very sorry, but we can't give you a hot water bottle. It is against hospital rules"

80. The proper way to mix insulin is to:

a. place the vial between the palms and rotate the bottle
b. turn the vial upside down in a cup and leave it for three minutes
c. hold the vial upside down and withdraw and inject insulin back into the bottle several times
d. keep the vial upside down in a cup when not in use so that it will be ready when it is needed

81. The doctor ordered a 1200 cal. ADA diet, 30 units of NPH insulin daily, and routine diabetic urine checks with sliding scale insulin. According to the amount of glucose in the urine, the insulin ordered for the sliding scale is:

a. regular insulin
b. PZI
c. Lente
d. Diabinese

82. After a thyroidectomy, the patient would probably be most comfortable in:

a. the Trendelenburg position
b. the Fowler's position
c. lying face down
d. lying on her left side

83. To avoid strain on the suture line during the immediate thyroidectomy postoperative period, the nurse should:

a. support patient's head with sandbags and advise him to talk as little as possible
b. ask patient to refrain from moving about in bed and restrain him if necessary
c. place a pillow under patient's head so that his chin is resting on his chest
d. apply several layers of wide adhesive tape over the surgical dressing

84. The diabetic patient's physician ordered regular insulin on a sliding scale of 3 units for each plus of sugar in the urine. How much regular insulin would be given if Ms. Snow's sugar was 3+:

a. 12 units
b. 3 units
c. 9 units
d. 30 units

85. Oral agents, such as Orinase and Diabinase, are sometimes used in the treatment of very mild or elderly diabetics. These drugs are best described as drugs which:

a. lower the blood sugar
b. stimulate the production of insulin
c. are oral forms of insulin
d. are dangerous because they often produce an insulin reaction

86. Any condition which produces a deficiency of parathormone in the body will result in:

a. weakness of the bones
b. an increase in the blood sugar level
c. muscular twitching and spasms of the voluntary muscles
d. deposits of calcium in the kidney

87. Addison's disease is the result of:

a. an increased production of all the steroids
b. a decrease in the production of hormones from the adrenal cortex
c. an increase in production of thyroxin
d. a decrease in production of parathormone

88. Which of the following may be symptoms of hyperthyroidism?

a. Lethargy, slurred speech, weight gain
b. Nocturia, pain, pruritus
c. Tetany, muscular incoordination, and spasm
d. Increased appetite, weight loss, personality changes

89. The mineral that is found in the thyroid hormones is:

a. iron
b. sodium
c. chlorine
d. iodine

90. The diet for a hyperthyroid patient is usually:

a. high carbohydrate and protein
b. low protein
c. high protein
d. low fat

91. A patient with tetany:

a. complains of pain
b. is prone to fractures
c. has a poor appetite
d. has muscle twitchings

92. The cause of thyroid crisis is:

a. poor nursing care
b. a sudden output of thyroxin due to the manipulation of the thyroid gland during a thyroidectomy
c. excessive bleeding
d. swelling at the operative site

93. Hypothyroidism in young children results in:

a. Basedow's disease
b. Grave's disease
c. myxedema
d. cretinism

94. Hypothyroidism in adult life results in:

a. Basedow's disease
b. Grave's disease
c. myxedema
d. cretinism

95. Acidosis or diabetic coma is produced when the body is in a condition described as:

a. hypoglycemia
b. hyperglycemia
c. glycosuria
d. polyuria

96. The largest of the endocrine glands is the:

a. adrenal
b. parathyroid
c. thyroid
d. pituitary

97. A congenital absence of the thyroid gland results in:

a. dwarfism
b. cretinism
c. Down's syndrome
d. retardation

98. Myxedema is a condition resulting from:

a. increase in thyroid production
b. deficiency of adrenal production
c. deficiency of secretion of thyroid
d. increase in pituitary function

99. The number of parathyroid glands may vary but the usual number is:

a. one
b. two
c. four
d. six

100. The glands located above each kidney are:

a. pituitary
b. thyroid
c. ovaries
d. adrenal

101. A hypersecretion of hormones secreted by the adrenal cortex results in:

a. Cushing's syndrome
b. Addison's disease
c. hypothyroidism
d. myxedema

102. The gland known as the "master gland" is the:

a. thyroid
b. adrenal
c. testes
d. pituitary

103. All of the following are symptoms of hyperthyroidism except:

a. weight loss
b. increased appetite
c. increased systolic blood pressure
d. sensitivity to cold

104. Exophthalmos refers to:

a. dry skin
b. protruding tongue
c. bulging eyeballs
d. large goiter

105. Which of the following does not supply iodine in the diet?

a. Iodized salt
b. Leafy vegetables
c. Milk
d. Seafood

106. Carpopedal spasms are twitching of:

a. hands and feet
b. face
c. entire body
d. face and hands

107. All of the following are symptoms of myxedema or hypothyroidism except:

a. sensitivity to cold
b. loss of weight
c. dry skin and hair
d. dull facial expression

108. The most common endocrine disorder in the United States is:

a. hypothyroidism
b. retardation
c. pituitary tumor
d. diabetes mellitus

109. Diabetes is the result of faulty metabolism of:

a. carbohydrates
b. protein
c. fats
d. vitamins

110. Oversecretion of parathormone results in removal of:

a. iron from blood
b. minerals from bones
c. calcium from bones
d. prothrombin from blood

111. The primary symptom of decrease in secretion of parathormone is:

a. anemia
b. tetany
c. blindness
d. paralysis

112. Hypophysectomy is removal of:

a. adrenal cortex
b. pituitary gland
c. parathyroid gland
d. thyroid gland

113. A congenital deficiency of growth hormones results in:

a. dwarfism
b. cretinism
c. gigantism
d. retardation

114. Hypersecretion of the anterior lobe of the pituitary results in:

a. Addison's disease
b. acromegaly
c. dwarfism
d. precocious puberty

115. All of the following are symptoms of cortisone overdosage except:

a. moon face
b. scaly skin
c. hirsutism
d. baldness

116. Calcium gluconate should be placed in the room of the post-op thyroidectomy patient to treat:

a. thyroid storm
b. tetany
c. respiratory distress
d. coma

117. The type of insulin administered in parenteral fluids for the acidotic patient is:

a. globin
b. NPH
c. protamine zinc
d. regular

118. When teaching the diabetic, nurses should explain that any slight illness is an indication that the patient should:

a. increase the insulin dose
b. decrease the insulin dose
c. eliminate half of the carbohydrates in the diet
d. test the urine more frequently

119. Treatment of diabetic ketosis includes administration of:

a. regular insulin
b. intravenous glucose
c. long-acting insulin
d. intermediate-acting insulin

120. In recent years, radioactive iodine has been given to reduce the size and activity of the thyroid gland. The nursing staff should know that:

a. the patient must remain under strict isolation
b. urine must be disposed of promptly
c. this treatment is used only for malignant disease of the thyroid gland
d. long contact with the patient could be lethal

121. In caring for a patient with hypothyroidism, the nurse should remember that:

a. adult patients with this condition are usually mentally retarded
b. the patient is often embarrassed by her physical and mental sluggishness
c. there is no treatment and little hope of recovery from this disease
d. the sex glands cease functioning

122. The principle of drug therapy in Grave's disease is to:

a. increase the production of thyroxine
b. maintain the weight of the patient
c. reduce the activity of the gland
d. increase the activity of the thyroid gland

123. If tetany develops as a complication of a thyroidectomy, the doctor treats it by administering:

a. morphine
b. insulin
c. thyroxine
d. calcium

124. A patient in thyroid crisis will:

a. have an increase in pulse rate
b. have a subnormal temperature
c. be very listless
d. have slowed respiration

125. When caring for a patient with hypothyroidism, it is important for the nurse to:

a. make the patient move quickly
b. limit fluid intake
c. limit food intake
d. avoid rushing the patient

126. Excess sugar in the body is stored in the liver as:

a. fructose
b. sucrose
c. lactose
d. glycogen

127. When a patient has a simple goiter, there is no:

a. enlargement of the throid gland
b. oversecretion of thyroxine
c. enlargement of the neck
d. difficulty in swallowing

128. The cause of a simple goiter is:

a. overproduction of insulin
b. deficiency of iodine in water and food
c. undersecretion of thyroxine
d. oversecretion of thyroxine

129. A characteristic symptom of Cushing's syndrome is:

a. diarrhea
b. vomiting
c. pigmentation of the skin
d. moon face

130. When caring for a patient with Cushing's syndrome, the nurse must be alert for:

a. circulatory collapse
b. signs of mental depression
c. respiratory depression
d. urinary retention

131. The growth and development of an individual is affected by hormones secreted by the:

a. adrenal glands
b. pituitary gland
c. thyroid gland
d. parathyroid glands

132. The symptoms of diabetic coma include all of the following except:

a. flushed face
b. lethargy
c. pale skin
d. hunger

133. The symptoms of an insulin reaction include all of the following except:

a. sudden onset
b. lethargy
c. pale skin
d. hunger

134. The insulin preparation that acts most rapidly is:

a. globin zinc
b. NPH
c. regular
d. Lente

135. All insulin preparations appear cloudy except:

a. globin zinc
b. NPH
c. regular
d. Lente

136. Insulin dosage is measured in:

a. units
b. drams
c. grams
d. grains

137. Zinc is added to insulin to:

a. make it easier to administer
b. prolong its action
c. prevent spoilage
d. prevent infection at site of injection

138. When caring for a diabetic patient, nursing responsibilities include all of the following except:

a. prevention of infection
b. providing for proper rest
c. meticulous skin care
d. limiting fluid intake

139. A patient with diabetes mellitus is prone to:

a. infection
b. pneumonia
c. fractures
d. myocardial infarction

140. Hormones secreted by the adrenal glands affect all of the following except:

a. development of secondary sex characteristics
b. protein metabolism
c. body temperature
d. mineral salt metabolism

DISEASES OF THE ENDOCRINE SYSTEM
UNIT VII

ANSWER SHEET

1.	b	26.	c	51.	c
2.	d	27.	c	52.	d
3.	c	28.	d	53.	d
4.	b	29.	d	54.	b
5.	a	30.	b	55.	c
6.	b	31.	c	56.	d
7.	c	32.	d	57.	c
8.	a	33.	b	58.	d
9.	a	34.	c	59.	a
10.	b	35.	b	60.	c
11.	a	36.	c	61.	c
12.	d	37.	c	62.	c
13.	a	38.	a	63.	a
14.	b	39.	d	64.	c
15.	c	40.	b	65.	c
16.	d	41.	a	66.	c
17.	c	42.	b	67.	b
18.	b	43.	d	68.	b
19.	a	44.	a	69.	b
20.	b	45.	c	70.	c
21.	c	46.	c	71.	c
22.	a	47.	c	72.	d
23.	b	48.	c	73.	b
24.	d	49.	b	74.	a
25.	a	50.	c	75.	b

76.	c	97.	b	118.	d	139.	a
77.	a	98.	c	119.	a	140.	c
78.	a	99.	c	120.	b		
79.	c	100.	d	121.	b		
80.	a	101.	a	122.	c		
81.	a	102.	d	123.	d		
82.	b	103.	d	124.	a		
83.	a	104.	c	125.	d		
84.	c	105.	c	126.	d		
85.	b	106.	a	127.	b		
86.	c	107.	b	128.	b		
87.	b	108.	d	129.	d		
88.	d	109.	a	130.	b		
89.	d	110.	c	131.	b		
90.	a	111.	b	132.	c		
91.	d	112.	b	133.	b		
92.	b	113.	a	134.	c		
93.	d	114.	b	135.	c		
94.	c	115.	d	136.	a		
95.	b	116.	b	137.	b		
96.	c	117.	d	138.	d		

DISEASES OF THE EAR, EYE, NOSE, AND THROAT
UNITS VIII, IX, and X

1. The ability to maintain balance and to know our position in space are functions of:

   a. the semicircular canals
   b. the cochlea
   c. the stirrup
   d. the hypothalmus

2. The nurse would suspect that an infant had an earache when she observed the child:

   a. running an elevated temperature
   b. having a convulsion
   c. rolling the head from side to side
   d. refusing to eat and vomiting

3. Dizziness and nausea will follow the fenestration operation. This can be relieved by the use of:

   a. ginger ale
   b. penicillin
   c. Dramamine
   d. Terramycin

4. The ringing or buzzing heard by the patient is called:

   a. tenesmus
   b. nystagmus
   c. tinnitus
   d. rhinitis

5. Hearing loss from otosclerosis occurs because:

   a. the stapes vibrates in the oval window
   b. the auditory nerve no longer carries impulses
   c. there is increased pressure of the endolymph
   d. the stapes becomes "fixed"

6. During the first 48 hours following a stapedectomy, the patient must be:

   a. turned to operative or unoperative side or from side to side
   b. kept off of the operative side
   c. walked at least three times daily to prevent venous stasis
   d. encouraged to cough or blow her nose at least every 2 hours

7. Glaucoma is most common in persons:

   a. past 75 years of age
   b. 40 years of age and older
   c. during infancy
   d. 65 years of age and older

8. An eye disease caused by a parasite is:

   a. gonococcal conjunctivitis
   b. pinkeye
   c. trachoma
   d. blepharitis

9. The main problem of pterygiums is:

   a. pain
   b. interference with vision if the pterygium covers the pupil
   c. the danger of contamination of the internal structures of the eye
   d. excessive tearing

10. A cataract is best defined as:

    a. cloudiness of the fluid within the eyeball
    b. a condition in which the pressure within the eyeball is increased
    c. an infection of the conjunctiva
    d. a condition in which the lens of the eye becomes cloudy and opaque

11. A cataract extraction involves:

    a. incision and drainage of fluid from the eyeball
    b. surgical removal of the lens of the eye
    c. enlargement of the pupil of the eye
    d. removal of a growth from the retina

12. During the immediate postoperative period following a cataract extraction, it is most important that the nurse:

    a. encourage deep breathing and coughing to properly ventilate the lungs
    b. observe the patient for signs of hemorrhage, which is a common complication
    c. instruct the patient to avoid coughing, sneezing, or sudden movement of the head which will place a strain on the sutures
    d. encourage the patient to get out of bed as soon as possible to avoid circulatory complications

13. A disease of the eye which is characterized by increased pressure within the eyeball is:

    a. cataract
    b. glaucoma
    c. strabismus
    d. astigmatism

14. Pressure within the eyeball is measured by an instrument called:

    a. an audiometer
    b. an oculometer
    c. a tonometer
    d. an opthalmoscope

15. Which of the following symptoms would be indicative of the early stages of glaucoma?

    a. Redness and excessive tearing
    b. Noticing halos around lights and a narrowing of peripheral vision
    c. Loss of vision and severe headaches
    d. Increasing difficulty in distinguishing colors

16. Whenever the nurse enters the room of a patient who is blind, he should:

    a. speak to him so that he will be aware of his presence
    b. shake him to be sure he is awake before he speaks to him
    c. touch him gently before speaking
    d. be sure to speak loudly and distinctly so that the patient can hear

17. If compresses or irrigations are ordered following a cataract extraction, the nurse should know that the chief purpose of these treatments is to:

    a. remove exudate from the eyelids
    b. irrigate the eyeball and conjunctival sac
    c. apply sufficient heat to localize the infection present
    d. remove and destroy bacteria on or near the operative site

18. The main reason an eye with an ectropion may require attention is that if it is not treated a potential exists for:

    a. loss of vision
    b. drying and consequent irritation of the conjunctiva
    c. injury to the retina
    d. changes in the shape of the pupil

19. The patient needs to be cautioned that for several months following cataract removal she will experience difficulty in:

    a. identifying familiar objects
    b. judging distance
    c. maintaining balance
    d. coordination

20. Before the tonometer is used, eye drops will be placed in the eye that will:

    a. dilate the pupil
    b. contract the pupil
    c. relax the muscles
    d. anesthetize the cornea

21. Corneal abrasions require prompt attention because they:

a may lead to conjunctivitis
b. may lead to retinal damage
c. have the potential of leaving corneal scars that interfere with vision
d. may cause ptosis

22. Ptosis may be due to:

a. conjunctivitis
b. glaucoma
c. myasthenia gravis
d. epicantheal folds

23. A chronic and highly communicable viral infection that affects 15% of the world's population is:

a. blepharitis
b. conjunctivitis
c. trachoma
d. glaucoma

24. The eye is able to focus on a near object and then immediately adjust to a distant object. This ability is called:

a. accommodation
b. adjustment
c. myopia
d. strabismus

25. A person will be nearsighted or farsighted depending on whether the light rays fall:

a. in front or behind the retina
b. in the rods or cones
c. on the blind spot of the retina
d. directly or indirectly on an object

26. When an eye is sensitive to light, the symptom is known as:

a. photophobia
b. strabismus
c. squint
d. vertigo

27. Pinkeye is one form of:

a. iritis
b. trachoma
c. conjunctivitis
d. chalazion

28. The lay term for myopia is:

a. crossed eyes
b. astigmatism
c. farsightedness
d. nearsightedness

29. Pinkeye is caused by a specific organism and is considered to be:

a. highly contagious
b. an infection of the inner part of the eye
c. a mild type of staphylococcal infection
d. quickly cured by frequent irrigations of the eye with normal saline

30. Constant involuntary movement of the eyeball is know as:

a. tinnitus
b. strabismus
c. nystagmus
d. labyrinthitis

31. The number and intensity of light rays reaching the retina will depend on the size of the opening called:

a. the cornea
b. Schlemm's canal
c. the lens
d. the pupil

32. It would be most dangerous to the glaucoma patient to have the nurse mistakenly use eye drops that would:

a. contract the pupil
b. dilate the pupil
c. change the shape of the iris
d. irritate the sclera

33. Injury to the eye must be avoided during the application of an ointment. The nurse is instructed to avoid:

a. touching the eye with the tip of the tube
b. squeezing the ointment into the inner canthus
c. applying the ointment while it is cold
d. failing to put on sterile gloves

34. When a cataract has been removed, the nurse knows that the anatomical parts removed are the:

a. iris and pupil
b. lens and vitreous humor
c. lens and its capsule
d. cornea and conjunctiva

35. The only reason for covering both eyes when just one has been operated on is that:

a. the patient is more relaxed in complete darkness
b. it is easier for the nurse to do the necessary treatments
c. one-sided vision is blurred
d. the use of one eye causes movement of the other eye

36. The patient should be advised to wear dark glasses to protect her eyes from photophobia when eye drops are used that are classified as:

a. mydriatics
b. miotics
c. atropines
d. antiseptics

37. A routine eye examination aimed at finding early signs of glaucoma makes use of the tonometer to check the pressure of the:

a. lens
b. vitreous humor
c. pupil
d. aqueous humor

38. In glaucoma, vision is first lost in the field described as:

a. pupillary
b. straight
c. refractive
d. peripheral

39. The control of glaucoma in its early stages can often be done by the use of:

a. exercises to speed up the absorption of aqueous humor
b. surgery to provide a greater area for the outflow of aqueous humor
c. eye drops to dilate the pupil
d. Diamox to slow down the inflow of aqueous humor

40. The patient with untreated glaucoma will become blind because the increased pressure in the eye causes:

a. blocking of tear ducts
b. bulging of the cornea
c. damage of the retina and optic nerve
d. weakening of the muscles holding the lens

41. Because of the intraocular pressure in glaucoma, a patient with this condition would be advised to:

a. wear dark glasses in the sun
b. avoid worry, fear, anger, and excitement
c. eat foods high in vitamin A
c. use Murine eye drops several times a day

42. A condition of aging in which the lens decreases its elasticity is called:

a. presbyopia
b. myopia
c. hyperopia
d. strabismus

43. Uneven curvature of the cornea with two foci occurring instead of one is called:

a. strabismus
b. astigmatism
c. accommodation
d. hyperopia

44. Improper use of contact lenses can cause:

a. strabismus
b. astigmatism
c. accommodation
d. hyperopia

45. Actinic trauma may be caused by:

a. too much activity
b. too much vitamin A
c. snow blindness
d. too much vitamin C

46. Another name for a sty is:

a. external hordeolum
b. pterygium
c. chalazion
d. herpes

47. The symptom(s) of uveitis is/are:

a. itching and scales on the eyelids
b. pain, photophobia, blurring of vision, redness, and constricted pupils
c. dilated pupil and dizziness
d. tearing

48. Inflammation of the cornea is called:

a. keratitis
b. iritis
c. hypopyon
d. retinitis

49. A transplant of the cornea is called a:

a. cornectomy
b. ophthoplasty
c. keratoplasty
d. dermoplasty

50. A detached retina is a separation of the retina from the:

a. cornea
b. choroid
c. iris
d. lens

51. Ophthalmia neonatorum is caused by:

a. gonorrhea
b. syphilis
c. streptococcus
d. staphylococcus

52. Strabismus is:

a. inability of the eyes to focus on one spot
b. an infection of the lower lids
c. inability of the eyes to dilate
d. crossed eyes

53. An optometrist is:

a. a medical doctor who specializes in the diagnosis and treatment of visual defects and diseases of the eye
b. an individual who is trained to make glasses and optical instruments
c. an individual who is trained in scientific examination of the eyes for the purpose of prescribing glasses
d. a physician who examines the eyes for visual defects and prescribes lenses for glasses

54. A normal reading on the Snellen chart would be:

a. 20/20 vision
b. 20/100 vision
c. 100/20 vision
d. 10/100 vision

55. Astigmatism is treated by prescribing lenses which:

a. strengthen the muscles which move the eyeball
b. magnify objects being seen
c. assist in focusing light rays on the retina
d. strengthen the muscles which move the lenses of the eyes

56. The patient with a visual disorder wants to feed himself but is messy about it. The practical nurse should:

a. insist on feeding him
b. instruct him to be more careful
c. arrange food clockwise, telling him where each item is and placing his hand on the silver
d. save his tray until she can assist him

57. The most serious and common complication following a tonsillectomy and adenoidectomy is:

a. asphyxia
b. hemorrhage
c. deafness
d. loss of speech

58. A middle ear infection can be caused by extension of a nasal infection by way of the:

a. sinuses
b. tonsils
c. oropharynx
d. eustachian tube

59. Otosclerosis is an example of:

a. perception deafness
b. conduction deafness
c. brain damage
d. psychogenic hearing loss

60. The disorder of the inner ear which produces vertigo, tinnitus, nausea, and vomiting is known as:

a. mastoiditis
b. Meniere's disease
c. otosclerosis
d. purulent otitis media

61. After surgery on the ear, the nurse should instruct the patient:

a. not to blow her nose
b. not to eat anything hot
c. to limit her fluid intake
d. to stay in bed

62. Deafness occurring when the sound waves do not reach the inner ear properly is:

a. central
b. conductive
c. mixed
d. nerve

63. Deafness occurring from prolonged exposure to loud noises such as a jack hammer or very loud music is:

a. conductive
b. functional
c. mixed
d. nerve

64. The congenitally deaf child has most difficulty in learning to:

a. form relationships
b. run
c. speak
d. walk

65. Signs of hearing loss may include all of the following except:

a. inattention
b. mispronunciation of words
c. elevated temperature
d. listless expression

66. The type of hearing loss characterized by disturbances of reception of sound impulses in the auditory center of the brain is:

a. mixed
b. functional
c. central
d. sensorineural

67. Irrigation of the auditory canal is contraindicated when there is an obstruction caused by a:

a. bead
b. insect
c. bean
d. cerumen

68. Surgical repair of the eardrum is known as:

a. myringotomy
b. tympanoplasty
c. mastoidectomy
d. stapedectomy

69. Causes of congenital deafness include all of the following except:

a. ototoxic drugs taken during pregnancy
b. familial predisposition
c. diseases such as measles during pregnancy
d. psychogenic disorders

70. Unpleasant sensations in the patient's head will be prevented if the preparation for instillation of ear drops includes:

a. removing ear wax
b. sterilizing the irrigating can
c. warming the solution
d. turning the patient on one side

71. The effectiveness of ear drops will be prolonged if, as soon as the drops are instilled, the nurse remembers that the procedure directs him too:

a. dry the inside of the ear with an applicator
b. place a small amount of loosely packed cotton in the ear
c. give the patient a hot water bottle to keep the drops warm
d. insert a well-packed plug of cotton into the ear

72. When the physician examines ears for sound perception, she will use:

a. a tonometer
b. an otoscope
c. a cystoscope
d. an audiometer

73. In the treatment of Meniere's syndrome in order to control edema and reduce pressure in the inner ear the patient may be placed on a:

a. low cholesterol diet
b. high carbohydrate diet
c. low sodium diet
d. low residue diet

74. A drug frequently used to treat the vertigo of Meniere's syndrome is:

a. Cortisone
b. Acetysalcylic acid
c. Dramamine
d. Pilocarpine

75. A medical doctor who specializes in the diagnosis and treatment of defects and diseases of the eye is called an:

a. ophthalmologist
b. optometrist
c. optician
d. otologist

76. The drug most commonly instilled in the eyes of the newborn as a prophylactic against gonorrhea is:

a. sulfa
b. silver nitrate
c. boric acid
d. cortisone

77. Which of the following drugs is effective for anesthetizing the cornea to remove foreign bodies?

a. Morphine
b. Demerol
c. Cocaine
d. Nupercaine

78. "Double vision" is also called:

a. amblyopia
b. myopia
c. diplopia
d. hyperopia

79. The most common type of color blindness is:

a. red/green
b. yellow/brown
c. yellow/blue
d. blue/green

80. The diuretic commonly used in treatment of glaucoma to reduce intraocular pressure is:

a. Diuril
b. Diamox
c. Diabenese
d. Dramamine

81. A severe dizziness causing disturbance of equilibrium is characteristic of:

a. otosclerosis
b. rhinitis
c. labyrinthitis
d. nystagmus

82. Vertigo is another term for:

a. weakness
b. dizziness
c. staggering
d. lethargic

83. Diagnostic tests that may be used for an eye examination include all of the following except:

a. Snellen chart
b. audiometer
c. Jaeger's test types
d. refraction

84. A miotic drug:

a. enlarges the pupil of the eye
b. constricts the pupil of the eye
c. stimulates the parasympathetic nervous system
d. depresses the parasympathetic nervous system

85. Pinkeye is a/an:

a. degeneration of the conjunctiva
b. inflammation of the lacrimal sac
c. corneal inflammation
d. inflammation of the conjunctiva

86. A major nursing responsibility when caring for the patient with pinkeye is:

a. encouraging a high fluid diet
b. preventing spread to other patients
c. limiting visitors
d. limiting fluid intake

87. When conjunctivitis is caused by the gonococcus, a complication that must be guarded against is:

a. infection
b. dehydration
c. blindness
d. malnutrition

88. Symptoms usually present when a patient has a sty include all of the following except:

a. elevated temperature
b. redness
c. itching
d. swollen eyelid

89. A person with a cataract has difficulty in seeing because the:

a. eyelids droop
b. lens of the eye is opaque and cloudy
c. intraocular pressure has increased
d. eye muscles are weakened

90. Drugs used to treat glaucoma are usually:

a. miotics
b. analgesics
c. antibiotics
d. cathartics

91. Drugs used to treat glaucoma:

a. constrict the pupils
b. dilate the pupils
c. relieve pain
d. prevent the outflow of aqueous humor

92. A myringotomy:

a. is an incision and drainage of the eardrum
b. is also known as a fenestration operation
c. results in permanent deafness
d. requires destruction of the bone

93. When a patient has had a tonsillectomy, an ice collar is usually ordered to be placed around the neck for the purpose of preventing:

a. pain
b. swelling
c. infection
d. swallowing of saliva

94. When a tonsillectomy has been performed, the nurse should avoid giving the patient:

a. jello
b. ice cream
c. citrus fruit juices
d. cold liquids

95. Following a tonsillectomy, the chief concern of the nurse is:

a. prevention of infection
b. observation for hemorrhage
c. observation for difficulty in swallowing
d. observation for difficulty in hearing

96. When a patient has laryngitis, the nurse should instruct the patient to:

a. rest her voice
b. drink cold fluids
c. eat a well-balanced diet
d. get plenty of rest

97. Eye drops are to be instilled in the right eye. The letters used by the doctor to order this would be:

a. O.S.
b. O.U.
c. O.D.
d. O.P.

98. Mr. T., who has had cataract surgery, is very nervous. Each time you go into the room he asks, "What is your name?" As a practical nurse, you should remember to:

a. write your name on a piece of paper
b. avoid going into the room
c. tell him to try to remember your name
d. identify yourself each time you go into the room and tell him when you are leaving

99. As an LPN in a nursing home, you read on a new patient's record that she has recently had an enucleation. An enucleation can best be identified as:

a. removal of an entire eyeball
b. surgery to relieve glaucoma
c. surgery performed on a patient who has a detached retina
d. surgery to relieve a clogged lacrimal sac

100. A voluntary agency which offers services to the blind is:

a. The American Society of Seeing
b. The American Optical Association
c. National Society for the Prevention of Blindness
d. Glaucoma International

101. An operation that leaves the patient completely unable to speak, at least for a while, is:

a. stapedectomy
b. mastoidectomy
c. laryngectomy
d. myringotomy

102. The patient having surgery on the nose may expect to have an anesthetic. It may be:

a. local or general
b. spinal
c. topical
d. caudal

DISEASES OF THE EAR, EYE, NOSE, AND THROAT
UNITS VIII, IX, and X

ANSWER SHEET

1.	a	26.	a	51.	a
2.	c	27.	c	52.	a
3.	c	28.	d	53.	c
4.	c	29.	a	54.	a
5.	d	30.	c	55.	c
6.	b	31.	d	56.	c
7.	b	32.	b	57.	b
8.	c	33.	a	58.	d
9.	b	34.	c	59.	b
10.	d	35.	d	60.	b
11.	b	36.	a	61.	a
12.	c	37.	d	62.	b
13.	b	38.	d	63.	d
14.	c	39.	d	64.	c
15.	b	40.	c	65.	c
16.	a	41.	b	66.	c
17.	a	42.	a	67.	c
18.	b	43.	b	68.	b
19.	b	44.	a	69.	d
20.	d	45.	c	70.	c
21.	c	46.	a	71.	b
22.	c	47.	b	72.	d
23.	c	48.	a	73.	c
24.	a	49.	c	74.	c
25.	a	50.	b	75.	a

76. b
77. c
78. c
79. a
80. b
81. c
82. b
83. b
84. b
85. d
86. b
87. c
88. a
89. b
90. a
91. a
92. a
93. b
94. c
95. b
96. a
97. c
98. d
99. a
100. c
101. c
102. a

SKIN DISORDERS AND ALLERGIES
UNIT XI

1. The yellow crust so typical of impetigo is the result of:

   a. the vesicle rupturing and the serum drying on the surface
   b. pus formation
   c. the vesicles running together to form large crusts
   d. injury to the surrounding tissue

2. Crusts of impetigo are usually removed by the doctor or the nurse. This is done for the purpose of:

   a. stimulating healing
   b. applying the medication more effectively
   c. preventing the spread of the disease
   d. building up the skin resistance

3. The location of the pain associated with herpes zoster will depend on:

   a. the physical resistance of the patient
   b. the nerve involved
   c. which body organ is the weakest
   d. the pressure or absence of referred pain

4. The lesions of herpes zoster go away without treatment, but the patient may continue to have:

   a. persistent neuralgic pain
   b. small vesicles and crusts
   c. general malaise
   d. loss of function

5. Chemicals applied to the skin can produce an inflammation if they are strong enough to:

   a. cause the skin to toughen
   b. change its color
   c. irritate the tissues
   d. increase the blood supply to the part

Mr. Brock was cleaning and repairing his car in his garage. In one corner he had an open can of gasoline. Working in a closed area caused a build-up of fumes and an explosion and fire occurred, apparently caused by a spark. He was finally able to get out of his burning garage when the fire department arrived. His clothing was on fire and a fire fighter immediately rushed to his aid.

6. If the clothing is on fire, the victim should be:

   a. placed on the ground and rolled in a blanket
   b. rolled in a blanket and kept standing if possible
   c. sprayed with water
   d. sprayed with flame retardant foam

7. If the victim has been burned around the face or neck or has inhaled smoke, steam, or flames, he should be closely watched for:

   a. excessive salivation
   b. respiratory difficulty
   c. excessive fluid loss
   d. bleeding

8. Upon admission, Mr. Brock was weighed on a bed scale. His admission weight is important and will be used to determine:

   a. the percent of the body that has been burned
   b. whether he should go to a burn intensive care unit
   c. the type of drugs that will be administered
   d. fluid loss and gain

9. The outer layer of the skin (the epidermis) consists of layers of:

   a. connective tissue
   b. dead cells
   c. sweat and oil glands
   d. sensitive nerve endings

10. The sebaceous glands are also called:

   a. hair follicles
   b. oil glands
   c. sweat glands
   d. nerve endings

11. Local or systemic infection can follow squeezing of pimples and boils because the:

   a. pus spreads all over the skin surface
   b. pus is spread to other parts of the body through the lymph
   c. protective barrier around the infection is broken
   d. blood vessels are broken

12. An abrasion is the result of:

   a. a hematoma
   b. friction that removes the epidermis
   c. a bullet wound
   d. a laceration

13. An excoriation is defined as:

   a. a fissure
   b. a break in the continuity of the skin
   c. an emergency lesion
   d. a sloughing away of tissue

14. A pustule occurs as the result of:

a. systemic infection
b. a secondary infection in a vesicle
c. cross infection
d. careless personal hygiene habits

15. A bruise would be described as a/an:

a. abrasion
b. incision
c. closed wound
d. laceration

16. A tumor of scar tissue that grows on the surface of a scar is called a/an:

a. debridement
b. keloid
c. adhesion
d. laceration

17. The typical lesions of psoriasis that cause so much emotional distress to the patient would be described as:

a. red and weeping
b. deeply ulcerated and circumscribed
c. shiny, frosty scales
d. symmetrical

18. Psoriasis of the scalp will not be confused with ringworm of the scalp because in psoriasis:

a. there are definite patches of baldness
b. the scalp looks "moth eaten"
c. the scales look like dandruff
d. hair growth is not affected

19. Herpes zoster is caused by:

a. streptococcus bacteria
b. a virus
c. parasites
d. itch mites

20. The skin rash of herpes zoster occurs along the area supplied by the:

a. peripheral nerves
b. carotid artery
c. neuron
d. autonomic nervous system

21. Impetigo contagiosa occurs more often in infants and children and is considered to be:

    a. fatal
    b. highly contagious
    c. chronic
    d. systemic

22. Contact dermatitis is an:

    a. allergen
    b. antibody
    c. allergic reaction
    d. allergic shock

23. Acne vulgaris is a skin disorder characteristic of:

    a. adolescence
    b. adult life
    c. emotional state
    d. late hours and lack of sleep

24. Acne vulgaris is probably caused by:

    a. poor personal hygiene
    b. an allergic condition
    c. increased hormonal activity
    d. constipation

25. Acne vulgaris usually begins with:

    a. blackheads
    b. pruritus
    c. furuncles
    d. a skin rash

26. Herpes simplex is commonly called:

    a. shingles
    b. bath itch
    c. fever blisters or cold sores
    d. nerve infection

27. The lesions of herpes simplex usually occur on:

    a. lips or mouth
    b. intestinal tract
    c. scalp
    d. hands

28. The nurse admitting a patient to the hospital with a skin disorder may be expected to:

    a. give a hot bath with a detergent soap
    b. take all dressings off of lesions
    c. remove crusts or exudates
    d. observe skin carefully and record on chart

29. Colloid baths are special baths. All of the following may be used except:

a. starch
b. oatmeal
c. sodium bicarbonate
d. antibiotics

30. The two general methods of applying dressings to skin lesions are open and closed dressings. The open dressings would be:

a. changed frequently
b. allowed to dry
c. covered with plastic
d. applied during the evening

31. Herpes zoster is commonly called:

a. bath itch
b. fever blisters or cold sores
c. shingles
d. verruca

32. The physician that specializes in disorders of the skin is known as a/an:

a. orthodontist
b. podiatrist
c. dermatologist
d. dermatist

33. Your patient has an elimination diet ordered. The most important nursing action would be to:

a. give the patient a copy of the diet
b. explain and instruct the patient
c. follow the doctor's orders
d. allow the patient any food desired

34. Classifications of skin lesions are all of the following except:

a. macule and bleb
b. papule and excoriation
c. pustule and vesicle
d. exudate and necrosis

35. A vesicle is best described as a:

a. blister
b. freckle
c. burn
d. acne

36. Burn patients should receive a high protein diet to:

a. help rebuild burned tissues
b. provide more energy
c. maintain homeostasis
d. promote stability of the heat-regulating mechanism

37. The removal of eschar and necrotic material from underlaying tissues in burn patients is known as:

a. granulation
b. debridement
c. grafting
d. excoriation

38. The term used to refer to the study and care of skin conditions is:

a. epidemiology
b. dermatology
c. cytology
d. histology

39. All of the following conditions are diseases of the skin except:

a. athlete's foot
b. acne vulgaris
c. eczema
d. measles

40. The following conditions of the skin are infectious except:

a. impetigo
b. eczema
c. boils
d. ringworm

41. One of the skin disorders which is caused by a parasite is:

a. scabies
b. ringworm
c. urticaria
d. impetigo

42. Pediculosis is a condition found most commonly:

a. between the fingers
b. between the toes
c. in the hair
d. under the skin

43. Patients with corns on their toes can be told that corns are due to:

a. heredity
b. overexercise
c. pressure
d. circulatory failure

44. A patient asked for advice on ingrowing toenails. You would be correct in telling her that the nails should be cut:

a. rounded
b. shorter than usual
c. longer than usual
d. straight across

45. In the hospital, patients with lesions on the body may have bed cradles over them. The reason for their use is to:

a. make moving easier
b. keep bedclothes away from the patient
c. reduce need for changing linen
d. make it easier for nurse to apply medications locally

46. The nits of pediculi capitis are the:

a. outer covering of head lice
b. eggs of body lice
c. eggs of head lice
d. eggs of pubic lice

47. Contact dermatitis is most likely the result of:

a. bathing too frequently
b. sensitivity to a substance in the environment
c. an infection caught from someone with a similar disease
d. failure to keep the skin clean

48. Most patients with contact dermatitis suffer from pruritus. This is a condition in which the patient has:

a. severe itching
b. areas of excoriation due to scratching
c. excessive scaling of the skin
d. an inflammation of the skin

49. A colloid bath is:

a. a special bath using some form of saline
b. usually prepared by adding starch, sodium bicarbonate, or a cereal to the bath water
c. a special preparation of an antiseptic solution
d. a cool tap water bath given to cool the inflamed skin

50. The purpose of giving a colloid bath is to:

a. cleanse the skin
b. soothe the skin
c. eliminate odors
d. prevent infection

51. When drying the patient after a colloid bath, the nurse should:

a. rub the skin vigorously to remove the old crusts and scales
b. pat the skin dry
c. allow the bath water to dry by evaporation so that the medication is not removed
d. use sterile cotton balls to dry the affected areas of the skin

52. General nursing care of patients with skin disorders include all of the following except:

a. give daily bath with soap and water
b. avoid using lotions
c. avoid using alcohol
d. do not remove crusts

53. A highly contagious skin condition is:

a. herpes simplex
b. contact dermatitis
c. eczema
d. impetigo

54. A noninfectious disease in which the epidermis is produced nine times faster than normal, causing irregular-shaped, scaly lesions is:

a. psoriasis
b. tinea capitis
c. seborrhea
d. paronychia

55. A skin disorder often due to an allergic reaction is:

a. psoriasis
b. seborrhea
c. erysipelas
d. eczema

56. The most common skin cancer is:

a. squamous cell
b. basal cell
c. melanoma
d. senile keratosis

57. The silver-nitrate method for treating burns is used primarily to prevent the complication of:

a. fluid electrolyte imbalance
b. respiratory distress
c. poor wound healing
d. infection

58. When dressing a burn, remember:

a. skin surfaces must not touch
b. adequate saline must be applied first
c. medical asepsis is necessary
d. to wrap away from the body

59. One of the most important reasons for applying hot wet dressings to infected tissue is to speed the process of:

a. suppuration
b. necrosis
c. sloughing
d. phagocytosis

60. Proper positioning of the extremities will be an extremely important measure in the prevention of:

a. contractures
b. pneumonia
c. eschar formation
d. crust formation

61. One of the major causes of death in burn patients is:

a. anemia
b. hypertension
c. edema
d. infection

62. Which of the following is not a malignant skin tumor?

a. Angioma
b. Basal cell epithelioma
c. Melanoma
d. Squamous cell carcinoma

63. A substance released during antigen-antibody reaction is:

a. exudate
b. histamine
c. plasma
d. serosanguineous fluid

64. A vasoconstrictor used for symptomatic relief of severe allergic reactions is:

a. Benadryl
b. Epinephrine
c. Chlor-Trimeton
d. ACTH

65. Using the Rule of Nines, which of the following is not true?

a. Head - 9%
b. Front - 18%
c. Back - 27%
d. Leg - 18%

66. Death shortly after a severe burn is usually the result of:

a. exposure
b. hemorrhage
c. infection
d. shock

Ms. White, age 40, is admitted to the hospital with second and third degree burns of the right shoulder, arm, and hand.

67. A person who is severely burned is likely to suffer from shock at the time of the injury. To combat this condition, the nurse might expect the physician to:

a. administer intravenous fluids
b. order a platelet transfusion
c. place the patient in a Trendelenburg position
d. order hot water bottles and heat cradle to replace body heat that is lost

68. When assisting in the emergency care of Ms. White, the practical nurse is responsible for:

a. administering intravenous medication to relieve pain
b. careful handling of the patient to reduce the danger of contaminating the wound
c. scrubbing the burned area with an antiseptic soap to destroy the bacteria in the wound
d. applying sterile dressings to the wound

69. Ms. White's physician has chosen the open method of treatment for her. This means that the:

a. wound is thoroughly cleaned and left uncovered
b. wound is covered with petrolatum and a light dressing is applied
c. burned area is covered with a special kind of material that allows circulation of air to the wound
d. burned area is wrapped in Ace bandages

70. One of the most important aspects of nursing Ms. White will be to accurately measure her urinary output. Extreme care should be used in measuring the output because:

a. the physician will use the urinary output as a guide for ordering fluids to replace those lost
b. there is always kidney damage with a burn
c. a burn patient usually received intravenous fluids
d. the skin is an excretory organ and since it is damaged the kidney will not function normally

71. One of the most common complications in a severely burned patient that can usually be avoided by good nursing care is:

a. malnutrition
b. contractures
c. heart failure
d. pulmonary edema

72. Ms. White's entire right arm has been burned. To prevent a permanent deformity of the arm the nurse should:

a. encourage Ms. White to exercise her arm several times a day
b. realize that extending the arm is painful and postpone exercises until the burn has healed
c. place the arm in a sling to help support its weight
d. keep the arm extended at all times

73. The physician has ordered a high protein diet for Ms. White. The protein diet is given because protein:

a. replaces sodium lost through the burn
b. replaces lost body fat
c. builds and repairs body tissues
d. provides a source of quick energy

74. Which of the following foods would be highest in complete protein?

a. Dried beans and peas
b. Eggs and cheese
c. Fresh vegetables
d. Cooked cereals such as oatmeal

75. If all the following liquids are available for bedtime nourishment, which would you choose for Ms. White?

a. Orange juice
b. Lemonade
c. Ginger ale
d. Milkshake

76. Ms. White's sister wishes to bring a meal from home to encourage the patient to eat. She asks your advice on the menu. To provide the largest amount of protein the meal should include:

a. beef bouillon, pork chops, potatoes, lime sherbet
b. cream of tomato soup, roast beef, lima beans, carrots, chocolate custard
c. fried chicken, rice, cole slaw, ice cream
d. barbecued ribs, tossed salad, hot rolls with butter, lemon pie

77. A fourth degree burn is characterized by:

a. destruction of skin with scarring which appears pale white or charred
b. reddened tissue
c. varying degree of tissue damage involving fat, muscle, bone, etc.
d. blisters containing electrolytes

78. A first degree burn is characterized by:

a. blisters containing electrolytes
b. varying degree of tissue damage involving fat, muscle, bone, etc.
c. reddened tissue
d. destruction of skin with scarring which appears pale white or charred

79. A third degree burn is characterized by:

a. destruction of skin with scarring which appears pale white or charred
b. reddened tissue
c. varying degree of tissue damage involving fat, muscle, bone, etc.
d. blisters containing electrolytes

80. A second degree burn is characterized by:

a. blisters containing electrolytes
b. varying degree of tissue damage involving fat, muscle, bone, etc.
c. reddened tissue
d. destruction of skin with scarring which appears pale white or charred

81. Discolored, unelevated spots are known as:

a. macules
b. pustules
c. papules
d. vesicles

82. Athlete's foot is caused by á:

a. bacteria
b. virus
c. fungus
d. protozoa

83. A skin disorder called plantar warts occurs on the:

a. face
b. feet
c. hands
d. neck

84. Edematous, raised pink areas that cause itching and burning commonly known as hives is also called:

a. chicken pox
b. measles
c. scabies
d. urticaria

SKIN DISORDERS AND ALLERGIES
UNIT XI

ANSWER SHEET

1.	a	26.	c	51.	b	76.	b
2.	b	27.	a	52.	a	77.	c
3.	b	28.	d	53.	d	78.	c
4.	a	29.	d	54.	a	79.	a
5.	c	30.	a	55.	d	80.	a
6.	a	31.	c	56.	b	81.	a
7.	b	32.	c	57.	d	82.	c
8.	d	33.	b	58.	a	83.	b
9.	b	34.	d	59.	a	84.	d
10.	b	35.	a	60.	a		
11.	c	36.	a	61.	d		
12.	b	37.	b	62.	a		
13.	b	38.	b	63.	b		
14.	b	39.	d	64.	b		
15.	c	40.	b	65.	c		
16.	b	41.	a	66.	d		
17.	c	42.	c	67.	a		
18.	d	43.	c	68.	b		
19.	b	44.	d	69.	a		
20.	a	45.	b	70.	a		
21.	b	46.	c	71.	b		
22.	c	47.	b	72.	a		
23.	a	48.	a	73.	c		
24.	c	49.	b	74.	b		
25.	a	50.	b	75.	d		

NEOPLASTIC DISEASES
UNIT XII

1. Which of these statements is not true of the pathology of cancer?

   a. Body cells undergo changes in structure and appearance
   b. Cancer cells can only arise from muscle tissue
   c. Cancer cells destroy surrounding normal tissue by causing pressure
   d. Cancer cells destroy surrounding normal tissue by competing with normal cells for nutrients

2. A common sign of approaching death is:

   a. a failure of pupils to react to light
   b. dry skin
   c. gradual tightening of muscle tone and tissue
   d. regular respiration

3. Which of the following would be considered benign?

   a. Myoma
   b. Adenocarcinoma
   c. Liposarcoma
   d. Leukemia

4. The Papanicolaou test is a:

   a. test for suspicious cancer cells
   b. a biopsy of the cervix
   c. test used for absolute diagnosis
   d. test for anemia due to cancer

5. The incidence of cancer is greatest in which of the following age groups?

   a. 20 - 30 years
   b. under 20 years
   c. 30 - 45 years
   d. over 45 years

6. The odor associated with terminal cancer is due to:

   a. hemorrhage
   b. incontinence
   c. malignant cells
   d. death of the tissues

7. Cancer may be spread by:

   a. the lymphatic system or by direct extension into adjacent tissues
   b. indirect contact with contaminated articles
   c. direct exposure to a person who has cancer
   d. exposure to radiation

8. Research has shown that the cause of cancer is:

   a. chronic irritation of the skin
   b. a result of toxins produced by bacteria
   c. a result of malignant changes in a benign tumor
   d. not fully understood and may be the combination of several factors

9. Removal of a sample of tissue for the purpose of microscopic examination is referred to as:

   a. a biopsy
   b. a culture
   c. an incision and drainage
   d. a bacteriological study

10. Cytoxin is:

   a. a radioactive isotope
   b. an antineoplastic drug
   c. the surgical removal of a tumor
   d. an analgesic

11. Which of the following is not a side effect of chemotherapy?

   a. Diarrhea
   b. Loss of hair
   c. Extreme hunger
   d. Nausea

12. The most common site of cancer in women is in the:

   a. liver
   b. lung
   c. cervix
   d. breast

13. Cancer of the mouth can often be due to:

   a. continued irritation
   b. rays of the sun
   c. frequent viral infection
   d. anemia

14. Early diagnosis of cancer is especially important because it:

   a. prevents the spread of the disease to other persons
   b. eliminates the need for surgery
   c. guarantees cure of the disease
   d. helps prevent the spread of the malignancy to other parts of the body

15. If a patient asks you why the area of skin where the x-ray is beamed into the body appears red and irritated, it would be best to answer by saying:

a. "Well, I suppose that is a burn from the extremely high dosage of x-ray you are receiving."
b. "I don't know. You probably are lying on that area more than any other and are developing a bed sore."
c. "The reddened area is a result of exposure to the x-rays. It is very much like the redness you notice when you have been out in the sunlight. It will eventually fade away."
d. "The reddened area is something like a sunburn and it will get a little worse each time you go to x-ray. Why don't you ask the radiologist? He may want to reduce the amount of x-ray you are receiving."

16. A malignant tumor differs from a benign tumor in that the malignant tumor:

a. grows more slowly
b. spreads more easily
c. is very easily removed by surgery
d. is always enclosed in a capsule

17. Which of the following may be an early symptom of cancer?

a. Severe hemorrhage
b. Severe pain
c. Any sore that does not heal
d. Necrosis of tissue

18. The term metastasis means:

a. the excessive growth of the cells
b. the spread of cancer cells to another part of the body
c. death of the cells close to the malignancy
d. that there is hope of a medical cure

19. A malignancy of epithelial cells is called a:

a. carcinoma
b. sarcoma
c. lipoma
d. leukemia

20. When examination of tumor cells reveals that the tumor is benign, this means that it:

a. is cancerous
b. will be fatal if not treated
c. spreads by way of the bloodstream
d. is not malignant

21. Death due to a benign tumor will occur if:

a. it is untreated
b. surgery allows cells to escape into other tissues
c. it is encapsulated
d. a vital organ is involved

22. Breast self-examination should be made once a month:

a. just before the menstrual period
b. several days after the menstrual period
c. during the menstrual period
d. only in women past 40 years of age

23. Benign tumors:

a. may spread to other areas but do so slowly
b. are usually found in the young rather than elderly patients
c. have the same characteristics as malignant tumors
d. remain at the original site of their development

24. Though the patient is terminally ill, she remains physically able to care for herself. Knowing this, the nurse should:

a. encourage her to let the nurses assume the responsibility for her care
b. allow her to do as much for herself as she wishes
c. talk to the family and suggest they supervise her care
d. have a talk with her and explain why she shouldn't exert herself

25. Side effects of radiotherapy:

a. can occur after the course of treatment is terminated
b. only occur during the time of treatment
c. are seen most often in the elderly
d. are usually mild and cause no problem

26. Skin markings are used as guides by the radiologist and are necessary:

a. to compare with normal skin for detecting the type of skin reaction occurring during treatment
b. for setting and adjusting the x-ray machine over the area to be radiated
c. as a guide in determining the number of treatments to be given
d. in patients having allergic skin reactions

27. The patient is in the terminal stages of cancer but has not been told anything about his condition. One day he says "I am so scared. Am I going to die?" The most appropriate response would be:

a. "Why, what makes you say that? Of course you are not going to die."
b. "Shall I go call the chaplain?"
c. "You think you are going to die?"
d. "It is natural to be scared, as sick as you have been."

28. Which of the following measures would be indicated when providing nursing care for a patient who has had radium insertion for cervical cancer?

a. Give her the usual bath, being careful since the bed linen is radioactive
b. Omit bed baths until the radium has been removed, but make her as comfortable as possible
c. Let patient take her own bath while nurse supervises and instructs from doorway
d. Plan carefully and work rapidly, giving needed assistance

29. Carcinoma refers to a malignancy of:

a. connective tissue
b. epithelial cells
c. the brain
d. blood and lymph

30. Sarcoma refers to a malignancy of:

a. connective tissue
b. the epithelial cells
c. the prostate
d. the lungs

31. Routes by which malignant cells are spread include all of the following except:

a. by direct extension
b. diffusion through fluid in a body cavity
c. embolism through blood vessels
d. thrombi through lymphatic stream to lymph nodes

32. Radiation sickness is:

a. not unusual and will not cause permanent harm to the patient
b. not unusual but will cause permanent harm to the patient
c. unusual and very serious
d. almost always fatal

33. The person pronouncing the patient dead must be a:

a. registered nurse
b. practical nurse
c. doctor
d. mortician

34. Which of the following is not a usual side effect of anti-neoplastic drugs?

a. Erosion of gastric mucosa
b. Mouth ulcers
c. Anemia
d. Slurred speech

35. The decrease in blood count secondary to bone marrow depression is:

a. leukemia
b. aplastic anemia
c. iron deficiency anemia
d. pernicious anemia

36. Which of the following is often a drug of choice for leukemias?

a. Nitrogen mustard
b. Chlorambucil
c. Cobalt-60
d. 5-FU

37. Which drug is a folic acid antagonist?

a. Methotrexate
b. Teslac
c. Thiotepa
d. Cortisone

38. An anti-neoplastic drug which is also an antibiotic is:

a. Hydrea
b. Dactinomycin
c. Methotrexate
d. 5-FU

39. The anti-neoplastic drugs must be withdrawn if which of the following occurs?

a. Nausea
b. Alopecia
c. Aplastic anemia
d. Numbness of the feet

40. Which of the following is often used in intracavity administration?

a. 5-FU
b. Chlorambucil
c. Nitrogen mustard
d. Methotrexate

41. Drugs given to treat or prevent nausea and vomiting are called:

a. antipyretics
b. antiemetics
c. antibiotics
d. anticoagulants

NEOPLASTIC DISEASES
UNIT XII

ANSWER SHEET

1.	b	22.	b
2.	a	23.	d
3.	a	24.	b
4.	a	25.	a
5.	d	26.	b
6.	d	27.	c
7.	a	28.	d
8.	d	29.	b
9.	a	30.	a
10.	b	31.	d
11.	c	32.	a
12.	d	33.	c
13.	a	34.	d
14.	d	35.	b
15.	c	36.	b
16.	b	37.	a
17.	c	38.	b
18.	b	39.	c
19.	a	40.	c
20.	d	41.	b
21.	d		

GERIATRICS AND REHABILITATIVE NURSING
UNITS XIII and XIV

1. Establishing a relationship with the patient so that there may be freedom of communication is called:

   a. empathy
   b. rapport
   c. acceptance
   d. sympathy

2. Studies indicate that the need for economic assistance:

   a. increases with age
   b. decreases with age
   c. is not affected by age
   d. is greater among men than women

3. When administering sedative drugs to older people, the nurse should remember that:

   a. they may not tolerate sedative drugs as well as younger persons
   b. sedative drugs should be omitted at night
   c. doses smaller than ordered should be administered
   d. the blood pressure should be checked frequently

4. When blood or parental fluids are administered to elderly persons, they should be regulated to drip slowly to avoid:

   a. too rapid diuresis
   b. pneumonia
   c. transfusion reaction
   d. overloading the circulation

5. The aging skin may become wrinkled because of:

   a. loss of subcutaneous fat
   b. malnutrition
   c. pigmentation
   d. inactivity

6. A government program that provides hospital care for any person 65 years of age and over is called:

   a. Social Security
   b. Older American's Act
   c. Medicare
   d. Welfare

7. Constipation in the geriatric patient is <u>increased</u> by:

   a. bulky foods in the diet
   b. decreased activity
   c. decreased skin care
   d. I.V. fluids

8. A primary purpose of emotional support to the geriatric patient is to restore:

   a. ambulation
   b. forgotten knowledge
   c. self-esteem
   d. nutritional needs

9. A community group devoted to only the elderly is:

   a. County Health Department
   b. Mobile Meals
   c. Senior Citizens
   d. United Fund

10. Many elderly patients have feelings of:

   a. loneliness and laziness
   b. pride and power
   c. wealth and fame
   d. uselessness and rejection

11. When the patient's condition permits, he should be out of bed as much as possible to prevent complications such as:

   a. pneumonia
   b. osteoporosis
   c. atrophic senile vaginitis
   d. prostatic hypertrophy

12. In its proper usage the word senility pertains to:

   a. mental deterioration
   b. physical deterioration
   c. the process of aging or growing old
   d. mental illness and confusion

13. The prevention of accidents and fractures in the elderly should be based on:

   a. placing them in homes especially designed for the elderly
   b. providing a safe environment for them
   c. keeping them inactive
   d. confining them to bed

14. A simple nursing measure that often can be used to control urinary incontinence in an elderly patient is:

   a. keeping a urinal in place at all times
   b. inserting a retention catheter
   c. using disposable diapers to prevent wetting the bed
   d. offering the bedpan or urinal at regular intervals or taking the patient to the bathroom at regular intervals

15. Rehabilitation should begin:

    a. as soon as complications develop
    b. with the admission of the patient to the hospital
    c. when the patient is discharged from the hospital
    d. as soon as funds are available to pay for it

16. An illness which has a gradual onset and requires prolonged treatment is classified as:

    a. an acute illness
    b. a critical condition
    c. a chronic or long-term illness
    d. a convalescent illness

17. A condition most commonly found in post-menopausal women and also known as "softening of the bones" is:

    a. arthritis
    b. rheumatism
    c. fracture
    d. osteoporosis

18. A condition most common in men past 50 years of age and affecting the prostate is:

    a. prostatitis
    b. benign prostatic hypertrophy
    c. malignant hypertension
    d. prostatectomy

19. A condition found in older women which is caused by decrease in estrogen production resulting in decrease of acidity in vaginal mucosa is:

    a. vaginismus
    b. atrophic senile vaginitis
    c. hypertrophic vaginitis
    d. vaginal mucositis

20. Which of the following will improve the geriatric patient's state of mind?

    a. Bed confinement
    b. Reinforcing dependent behavior
    c. Encouraging creative behavior
    d. Doing all things for the patient, especially those which she is slow in performing

21. The most frustrating and often the most difficult physical problem of patients with Parkinson's disease is:

    a. uncoordinated and involuntary movements
    b. side effects of L-Dopa
    c. the inability to care for themselves
    d. the effects of old age

22. Recent research shows that the elderly:

a. do not need sex
b. are not physically able to participate in sexual activity
c. do have sexual needs
d. do not desire sexual activity

23. At all stages of development a person requires some basic feelings for good mental health. These are being:

a. needed, isolated, wanted
b. appreciated, anxious, isolated
c. needed, appreciated, wanted
d. needed, appreciated, anxious

24. The geriatric patient may have many physical problems. Which of the following is the biggest challenge faced by the geriatric nurse?

a. Cardiovascular changes
b. Disordered or confused behavior
c. Vision problems
d. Hearing problems

25. Maintaining a small close group in caring for the senile geriatric patient is important because the:

a. geriatric patient can develop a trusting relationship more easily in a small group
b. staff can remember each patient
c. geriatic patient doesn't tolerate being in a large group of people
d. geriatric patient cannot concentrate on several things at once

26. What is the medical term for hardening of the arteries?

a. Arterioplasty
b. Arteriosclerosis
c. Arteriotomy
d. Thrombosis

27. The most common infection which often goes undetected in elderly women is:

a. cystitis
b. arthritis
c. vaginitis
d. influenza

28. Hearing loss occurring as part of the aging process is called:

a. deafness
b. presbycusis
c. senility
d. exopthalmia

29. The most common vision problem of the geriatric patient is:

a. glaucoma
b. presbyopia
c. cataracts
d. blindness

30. One of the most crucial psychosocial adjustments that the elderly person must make is:

a. retirement
b. failing health
c. social embarrassment
d. racial integration

31. Older people often appear apathetic. This is because they:

a. are thinking of the past
b. are so forgetful
c. have been ill for a long time
d. feel that they are no longer useful

32. One of the emotional needs of the older patient is to:

a. keep some possessions of the past with him
b. depend heavily on the ward personnel
c. take a nap each afternoon
d. have a nourishing diet

33. As people approach old age, their need for calories:

a. increases and need for protein decreases
b. decreases and need for protein remains as before
c. increases and need for protein increases
d. remains as before but need for protein increases

34. Which is the most common site of fracture in the elderly?

a. Shaft of femur
b. Vertebrae
c. Radius and ulna
d. Neck of femur

35. The most important aspect of nursing care of the geriatric diabetic patient is to:

a. restrain them to prevent injuries
b. regulate daily food intake
c. check vital signs frequently
d. engage them in occupational therapy

36. The main goal of the day health care centers for the elderly is to:

a. provide their families with free time away from the elderly parent
b. give the elderly some place to go other than a nursing home
c. provide comprehensive nursing care
d. assist the elderly in maintaining as much independence as possible

37. To best assure adequate nutrition in the geriatric patient the nurse should:

a. serve regular diets
b. make meals as pleasant as possible
c. mix medication in the food
d. insert a nasogastric tube and administer tube feedings

38. Goals of reality orientation include:

a. assisting the elderly in knowing and being able to recall her name, where she is, and the present time
b. group therapy involving singing
c. group therapy involving clapping of hands
d. assisting the elderly in recalling events from the past

39. Which of the following statements is most accurate in describing the process of aging?

a. A person's attitude toward life and his ability to accept new ideas and to share a variety of interests with others directly affects the speed with which he "grows old"
b. Most persons past the age of 65 are physically and mentally unable to take care of themselves
c. Every person grows old at the same rate
d. Most elderly people have a chronic illness which prevents them from leading useful and active lives

40. The skin of an elderly person is usually very dry because:

a. she does not practice good personal hygiene
b. the skin has lost its elasticity
c. the sweat and oil glands are not as active
d. her temperature control center slows activity

41. Which of the following does not belong with chronic disorders of the elderly?

a. Rheumatoid arthritis
b. Glaucoma
c. Influenza
d. Diabetes

42. A suitable recreation room for a nursing home provides:

a. an abundance of small, decorative furniture
b. spacious, uncluttered areas
c. dim lighting
d. several floor levels

43. Elderly persons can maintain physical fitness longer by:

a. resting in bed as much as possible
b. allowing the nurses to bathe them
c. increasing their caloric intake
d. getting some light, nonstrenuous exercise daily

Mr. Smith is 85 years old. His body and mind have undergone changes common to a person of his age. His eyesight is failing, and he has had all his teeth extracted. He refuses to live with his children and, as he has a small income, his family has decided to employ a nurse to take care of Mr. Smith at home. You are the nurse on the case.

44. Mr. Smith refuses to wear his dentures. Since you know that his nutrition must be maintained, you decide that your best course of action is to:

    a. prepare a soft, high-vitamin diet
    b. explain to him that many old people use false teeth
    c. refuse to feed him unless he wears his teeth
    d. serve only solid foods, knowing he will eat if he becomes hungry enough

45. In planning your care of Mr. Smith, you decide to give him a complete bath or shower only two times a week because:

    a. you do not like to bathe patients
    b. he may develop pneumonia from the exposure
    c. he may fall in the tub
    d. the skin of the elderly patient secretes less oil

46. Mr. Smith insists upon keeping objects he no longer uses, such as magazines, papers, and old clothing. Limited space in his room makes it necessary for you to:

    a. explain to Mr. Smith that they are worthless, that they only clutter up his room, and try to persuade him to throw them away
    b. dispose of the things while he is asleep
    c. prepare a box in an attractive way and allow him to keep as many of the things as the box will hold
    d. ask his son to take all of the things home with him

47. Mr. Smith frequently talks of dying. When he brings up the subject of death, your best response would be to:

    a. say very little and listen to what he has to say
    b. change the subject immediately
    c. act as if you had not heard him and find something else to do
    d. say, "Now Mr. Smith, let's not talk about that; there are more pleasant things to discuss"

48. Mr. Smith offers to help with some of the work. You encourage him to do this and provide a useful type of work within his ability. Your reason for doing this is to:

    a. lighten the work load for yourself and the rest of the family
    b. prove to him that he tires easily and cannot work
    c. give him a feeling of being needed and of importance
    d. show the family that Mr. Smith can care for himself

49. Many geriatric patients are served a low-sodium diet. Their sodium intake may be restricted because it:

a. slows the heartbeat
b. causes hardening of the arteries
c. holds fluid in the tissue
d. increases urinary output

50. The medical term for stroke is:

a. coronary occlusion
b. cerebrovascular accident
c. subarachnoid hemorrhage
d. heart attack

51. The toenails of an elderly patient are commonly different from those of a younger person in that they:

a. are tougher and thicker
b. do not continue to grow
c. are more thin and fragile
d. usually require the attention of a physician

52. Cosmetics and attractive clothing for the female elderly patient are:

a. a waste of time since she is usually unaware of her appearance
b. not necessary, especially since the cosmetics will damage the skin
c. important because they improve her attitude toward herself and others
d. too expensive for the value received from them

53. In regard to mental changes in the elderly, it would be most correct to say that:

a. elderly patients are individuals and some regress more rapidly than others
b. all elderly patients are stupid and forgetful
c. a mental breakdown is inevitable in all persons over 60
d. there is a decline in mentality after 50

54. When a person lives in a nursing home, he should be provided with:

a. uniform clothing so he won't be different from the other patients
b. a wheelchair to conserve his energy
c. his own private place for keeping his personal belongings
d. a television set at his bedside

55. Rehabilitation is best described as:

a. helping the patient regain total independence
b. restoring the patient to an optimal level of function
c. a treatment of medical complications
d. physical therapy

56. The success of rehabilitation primarily depends on the:

a. type of medical care the patient receives
b. type of nursing care the patient receives
c. desire of the patient to overcome her handicaps
d. financial resources of the patient

57. What could the geriatric nurse do to decrease a patient's level of disorientation?

a. Lock the dining room between meals
b. Place large clocks and calendars in convenient places throughout the ward
c. Allow the patients to make rounds with him
d. Maintain a rigid set of rules for the patients to follow

58. The stage of dying needed by the patient which acts as a buffer and allows her to collect herself is:

a. anger
b. bargaining
c. acceptance
d. denial

59. To decrease confusion and increase social interaction in the blind patient, the nurse should do all of the following except:

a. touch the patient before talking to her
b. greet her by name
c. explain each procedure before doing it
d. direct care toward her remaining senses

60. The paralyzed stroke patient will be given passive exercise for the purpose of:

a. preventing muscle contractures
b. avoiding infections
c. easing any pain
d. forcing him to use the deformed part

61. In partial paralysis following a stroke, a food easily swallowed would be:

a. milk
b. applesauce
c. vegetable salad
d. roast beef

62. A chronic disease, as the term is used by doctors and nurses, describes any disease or condition that:

a. requires long-term nursing care
b. will last for a long time
c. will limit the activity of the person
d. requires daily medication or treatment

63. Many chronically ill patients would return to some degree of usefulness if the early emphasis on treatment and nursing was one of:

a. overprotection
b. therapy
c. sympathy
d. rehabilitation

GERIATRICS AND REHABILITATIVE NURSING
UNITS XIII and XIV

ANSWER SHEET

1.	b	26.	b	51.	a
2.	a	27.	c	52.	c
3.	a	28.	b	53.	a
4.	d	29.	b	54.	c
5.	a	30.	a	55.	b
6.	c	31.	d	56.	c
7.	b	32.	a	57.	b
8.	c	33.	b	58.	d
9.	c	34.	d	59.	a
10.	d	35.	b	60.	a
11.	a	36.	d	61.	b
12.	c	37.	b	62.	a
13.	b	[illegible]	a	63.	d
14.	d	[illegible]	a		
15.	b	40.	[illegible]		
16.	c	41.	c		
17.	d	42.	b		
18.	b	43.	d		
19.	b	44.	a		
20.	c	45.	d		
21.	a	46.	c		
22.	c	47.	a		
23.	c	48.	c		
24.	b	49.	c		
25.	a	50.	b		

[redacted]

Mental Health Nursing

MENTAL HEALTH AND PERSONALITY DEVELOPMENT
UNITS I, II, III, and IV

1. Anxiety is a/an:

   a. orderly but progressive breakdown
   b. intense sense of personal disorder
   c. vague feeling
   d. feeling of paranoia

2. According to the World Health Organization, mental health is:

   a. knowing what you want and going after it
   b. not letting your problems bother you
   c. the presence of physical and emotional well being
   d. a feeling of euphoria

3. Recluses are examples of the abnormal pattern of behavior called:

   a. hostility
   b. withdrawal
   c. displacement
   d. compulsion

4. The sociopathic personality:

   a. realizes consequences of his acts but does not care
   b. learns from bad past experiences
   c. does not learn from bad past experiences or worry about consequences
   d. tries to forget the past

5. An illusion is:

   a. faulty thinking
   b. faulty seeing
   c. believing one is Napoleon
   d. acting out feelings

6. An orderly but superficial string of unfinished sentences is called:

   a. flight of ideas
   b. word salad
   c. fragmentation
   d. neogala

7. A person who thinks he or she is God is:

   a. having delusions of grandeur
   b. self-confident
   c. having delusions of reference
   d. suffering from illusions

8. Lady Macbeth continuously washing her hands after stabbing the king is an example of:

   a. obsession
   b. phobia
   c. hypochondria
   d. delusions

9. Waxy flexibility is seen in the:

   a. depressive phase of the manic depressive
   b. euphoric phase
   c. in the catatonic schizophrenic
   d. suicidal patient

10. An intense fear of disease but no actual physical problem is called:

   a. depressive neurosis
   b. displacement neurosis
   c. hypochondriacal neurosis
   d. illusions

11. STP, PCP, and MDA are included in the category of:

   a. hallucinogens
   b. psycho-stimulants
   c. opium derivatives
   d. psychic energizers

12. A form of therapy where the patient is considered a responsible member of the therapy team and in-depth interaction of staff and patient is expected is called:

   a. psychotherapy
   b. group therapy
   c. milieu therapy
   d. hydrotherapy

13. Thorazine is a:

   a. major tranquilizer
   b. minor tranquilizer
   c. antidepressant
   d. psychic energizer

14. Agranulocytosis should be watched for when giving psychoactive drugs. The signs and symptoms which the nurse should check and report include:

   a. low white blood count, fever, ulcerations of mucous membranes
   b. high white blood count, fever, ulcerations of mucous membranes
   c. high red blood count, fever ulcerations of the mucous membranes
   d. drop in platelets, chills, nausea

15. When a patient tells a nurse that the medication she is taking is making her too sleepy, she should:

    a. pass the information on to the doctor
    b. reassure the patient that that is what the doctor wants
    c. go tuck the patient into her bed
    d. decrease the dose immediately

16. Behavior modification is defined as changing the patient's:

    a. thinking
    b. mood control
    c. actions
    d. emotions

17. The use of Antabuse with alcohol is an example of:

    a. conditioned avoidance
    b. desensitization
    c. operant conditioning
    d. regulation

18. Giving "tokens" for desirable behavior but not for undesirable behavior is called:

    a. social control
    b. conditioned avoidance
    c. desensitization
    d. operant conditioning

19. The nursing care to use for a person with an agitated form of aggressive behavior would be to:

    a. tell the person not to accuse himself because you know he is a good person
    b. allow the person to accuse himself but show that you do care about him (by your expression, attitude, or words)
    c. do not allow the person to accuse himself because it will upset him to talk about it
    d. agree with him

20. To care for a person showing ritualistic behavior a nurse would:

    a. try to keep the ritualistic behavior at a minimum
    b. act out the ritual with the person
    c. allow the person to act out the ritualistic behavior as long as she harms no one
    d. stop the behavior by any means necessary

21. In giving nursing care to the depressed patient, it is vital not to:

a. communicate "caring" to the patient
b. communicate acceptance to the patient
c. attempt to talk the patient out of his depression
d. work at developing a trusting relationship with the patient

22. An hallucination is a:

a. false sensory perception without external stimuli
b. misinterpretation of actual external stimuli
c. feeling of dejection or melancholy that may reach the depth of morbid sadness
d. fixed false belief that has no basis in reality

23. When a doctor wishes a patient to learn to express hostility, it will be necessary for the personnel caring for this patient to:

a. make her angry
b. accept her anger without showing irritation
c. show healthy anger in return
d. get her interested in group activity

24. Occupational or recreational therapy for the hallucinating schizophrenic must require:

a. physical exertion
b. activities that can be performed alone
c. activity that will release excess energy
d. concentration to crowd out unrealistic thoughts

25. The emotions of a manic depressive, either phase, are best described as:

a. overactive
b. exaggerations of normal behavior
c. suicidal
d. expressions of feelings of jealousy

26. Each employee on a ward unit housing overactive, disturbed patients must try to:

a. separate disturbed patients
b. tone down or eliminate exciting stimuli
c. have music playing at all times
d. see every patient once a day

27. The nurse adds more to the care of the patient if his understanding of the patient and her problem is based on:

a. knowledge
b. examples
c. empathy
d. sympathy

28. An autistic individual is most concerned with:

a. himself
b. his peers
c. material wealth
d. the attitudes of others

29. Hearing voices that are not really present is an example of a/an:

a. phobia
b. illusion
c. hallucination
d. delusion

30. Repeatedly carrying out an act such as washing one's hands, in spite of a desire not to do so, is an example of a/an:

a. compulsion
b. phobia
c. hallucination
d. obsession

31. Avoiding unpleasant past experiences by completely "forgetting" about them and trying to pretend that they never happened is an example of:

a. regression
b. rationalization
c. repression
d. projection

32. A schizophrenic individual:

a. has difficulty distinguishing between reality and what goes on in his mind
b. always has delusions of persecution and is easily offended
c. usually can function well in society with a minimum of therapy
d. responds well to reasoning and can easily be made aware of his failure to think logically

33. Rationalization is one of the most frequently used defense mechanisms. It is dangerous when used to extreme primarily because:

a. it leads to childish and immature behavior in times of stress
b. it is a form of lying in which the individual justifies her behavior with falsehoods or half-truths and does not face her conflicts honestly
c. the person who rationalizes is copying the behavior of others rather than developing her own personality
d. rationalization leads to suppression of feelings that should be brought to the surface and handled through acceptable behavior

34. The patient who withdraws from society is frequently suffering from:

a. a deep sense of unworthiness and a loss of self-respect
b. an overwhelming sense of superiority which makes him feel above the need for the company of others
c. a strong feeling of persecution with hostility toward other members of society
d. an inability to communicate his feelings in any way other than verbally

35. Which of the following is NOT true of alcoholism?

a. The victim has a compulsion to drink alcohol
b. The alcoholic apparently suffers from some kind of unique physical reaction to the alcohol itself
c. The condition is caused by a lack of willpower
d. The alcoholic has become psychologically dependent on alcohol

36. Which of the following would be most important when caring for a patient with delirium tremens?

a. Reducing symptoms by sedation
b. Restricting oral intake of fluid and food until crisis has passed
c. Providing a calm and uncritical atmosphere
d. Checking the patient's vital signs at least every 15 minutes

37. While in a group painting a wall mural, Mr. Zayre began to throw his paint and paintbrushes around the day room, shouting, "Get those communists away from me." The best course of action would be to:

a. discontinue the painting session until later
b. remove Mr. Zayre from the group and remain with him
c. allow Mr. Zayre to remain if he promises to behave
d. remove Mr. Zayre from the group and seclude him in his room

38. When a patient verbalizes anger about being hospitalized, the most appropriate response would be:

a. "I'll get you a glass of juice; you'll feel better in a little while."
b. "You seem upset about being here."
c. "Something is bothering you; I'll come back later."
d. "I understand how you feel; all the patients feel this way at first."

39. Ms. Jones has been attending occupational therapy daily, but one morning she refuses to go. The most therapeutic approach would be to:

a. offer a reward upon returning if she will go
b. tell her she does not have to go
c. inform her that she must go anyway
d. attempt to find the reason for her refusal

40. If a patient refuses to eat, the practical nurse should first:

a. attempt to discover his reasons for not eating
b. discontinue all nourishment between meals
c. discontinue all privileges until he begins to eat
d. tell him that if he does not eat he will be tube fed

41. In reassuring a patient who is anxious over receiving electroshock treatment, the statement which best supports the patient is:

a. "Don't worry, the treatment doesn't hurt."
b. "I'll stay with you until the treatment is over."
c. "Other patients are having treatments today, too."
d. "The treatment will take only a few minutes."

42. Explosive behavior over an apparently trivial event may be an example of a defense mechanism known as:

a. conversion
b. displacement
c. sublimation
d. suppression

43. Commonly used tranquilizers include all of the following except:

a. Thorazine
b. Sparine
c. Tofranil
d. Stelazine

44. To most effectively motivate a withdrawn patient to go walking, the nurse would say:

a. "Are you coming with the group today, Ms. Daniels?"
b. "Come on, everybody. It's time to go walking."
c. "It's a beautiful day, Ms. Daniels. Let's go walking."
d. "You don't want to go walking today, do you, Ms. Daniels?"

45. Mr. Kay is a 62-year-old confused patient. At mealtime he is observed eating rapidly with his hands. The most helpful course of action is to:

a. comment, "You shouldn't eat with your hands, Mr. Kay."
b. place a spoon in his hand saying, "Here, Mr. Kay, use your spoon."
c. remove him to a corner where he is alone
d. send him back to the ward until he learns to eat correctly

46. The behavior of the patient who is withdrawn is characterized mainly by:

a. alternating moods of depression and elation
b. constant physical complaints
c. retreat from reality
d. mental retardation

47. A primary goal of nursing care for a withdrawn patient would be directed toward:

a. building trust in the ward psychiatrist
b. encouraging more physical exercise
c. encouraging more interest in physical appearance
d. stimulating interest in reality again

48. Very often the depressed patient refuses food. The best explanation is that she:

a. desires attention
b. feels she is "too good" to eat hospital-prepared food
c. feels unworthy of the food
d. is usually too busy to eat

49. In caring for a depressed patient, an important thought to bear in mind is that she:

a. requires constant protection against suicide
b. will always speak of suicide before an attempt
c. will probably not attempt suicide if she talks about it
d. is unlikely to attempt suicide for any reason

50. The behavior of the patient who is anxious is characterized mainly by:

a. complete withdrawal from reality
b. apprehension, fears, and worries
c. confusion and hallucinations
d. impaired judgment and lack of insight

51. An indication that the practical nurse understands the anxious patient is an attitude that the patient:

a. can control his behavior
b. is making a bid for attention
c. is "putting on"
d. is emotionally ill

52. The most important factor to consider if mechanical restraints are used to control aggressive behavior is:

a. the amount of the patient's aggressive behavior
b. the attitude of the staff in applying restraints
c. the type of restraints used
d. the need for written orders of the physician

53. The type of therapy thought to be most commonly used in the treatment of mental illness today is:

a. electroshock therapy
b. hydrotherapy
c. insulin therapy
d. chemotherapy (drugs)

54. Mr. Jones verbalizes extreme fear of a treatment he is to receive for the first time. A probable supportive response is:

a. "If you ask the doctor, he will be glad to explain the treatment."
b. "You need not be afraid; every precaution is taken during the treatment."
c. "I know you're apprehensive, Mr. Jones; let's talk about it."
d. "The doctor wouldn't order the treatment if he felt it was harmful, just trust him."

55. If group therapy has been successful, an individual will most likely be expected to:

a. be free from all emotional problems
b. completely understand the behavior of others
c. gain personal insights into her own behavior
d. be free from all anxiety

56. While you are caring for Ms. C., she says, "Look how much weight I've lost. I just can't eat. I'm afraid I have cancer." Which response would be most helpful at this time?

a. "You're afraid you have cancer?"
b. "The more you eat, the more you will gain."
c. "Have you talked to your doctor about this?"
d. "What kinds of food do you like?"

57. The nurse says to a patient during a conversation, "I'm not clear about what you said. Please explain." This is the communication technique known as:

a. reflection
b. commenting
c. clarification
d. questioning

58. A communication technique that involves repeating all or part of an individual's statement is:

a. reflection
b. silence
c. clarification
d. commenting

59. Mr. Dean is very agitated, hyperactive, and combative. The doctor would probably order:

a. antidepressants
b. anticholinergics
c. tranquilizers
d. hypnotics

60. Ms. Jones is sad and depressed, showing little interest in activities around her. She states frequently, "Life is so empty, it's shameful for me to live." If drug therapy is offered, the physician would probably order:

a. tranquilizers
b. psychic energizers
c. anticonvulsants
d. anticholinergics

61. When Ethel learned that her physical condition would prohibit active involvement in her favorite sport, she studied hard to join the debate team. This is an example of:

a. reaction formation
b. displacement
c. compensation
d. indentification

62. A patient has just had a session with his therapist and returns to the unit noticeably upset. When he pounds his pillow, cries, and gets his suitcase out, the nurse decides to:

a. reassure him by saying "You'll be all right in a few minutes."
b. leave him alone to calm down
c. encourage him to talk and release his feelings
d. closely observe him, but do not attempt to get him to talk at this point

63. During the anal period of growth and development, a child is most likely to be concerned with:

a. peer relationships
b. curiosity about sex differences
c. separation from parents
d. toilet training

64. A patient refuses to get out of bed after repeated urgings from the nurse assigned to her. This behavior would best be charted:

a. "Patient uncooperative. Refuses to get out of bed."
b. "Patient apparently withdrawn. Will not cooperate by getting out of bed."
c. "Did not get out of bed even after repeated urgings."
d. "States she wants to stay in bed. Will not abide by unit rules."

65. An initial assessment of a depressed patient observed by the nurse would be charted:

a. "Apparently depressed; not talking with others."
b. "Sat in chair, gazed at floor, did not respond to questions or comments."
c. "Appears sad; does not communicate."
d. "Unresponsive; has depressed expression."

66. Mr. Smith frequently is seen to lean his head to one side, cup his ear, and move his lips when no one is present. He is most likely experiencing:

a. an illusion
b. an hallucination
c. a delusion
d. an obsession

67. When you recall childhood experiences, you recognize that these memories have been stored in your:

a. conscious
b. preconscious
c. subconscious
d. unconscious

68. The unconscious mind contains that part of the personality called the:

a. id
b. ego
c. superego
d. conscience

69. That part of the personality which contains experiences and information you are aware of and use often is the:

a. id
b. ego
c. superego
d. personality

70. The primitive drives with which we are born are carried in that part of the personality called the:

a. superego
b. ego
c. id
d. behavior

71. The part of the personality with which we are born acts on the principle of:

a. "seek what is pleasurable and avoid what is painful"
b. "independence is more important than comfort"
c. "conflict is avoided at all costs"
d. "pleasure will come if I wait long enough"

72. The chief job of the ego is to act as:

a. censor for all behavior
b. moderator between the parts of the personality
c. a stimulator for creative activity
d. ruler of the id

73. The id is that part of the personality that controls actions:

a. at the age of two years
b. at six years of age
c. as soon as there are some experiences "on file"
d. at birth

74. The degree of development of the superego depends on:

a. the laws of the community in which the child grows up
b. parental standards and discipline within the family
c. the behavior of the gang with which the child plays
d. the examples set by adults in the child's life

75. The part of the personality that decides which defense mechanism will work best is the:

a. id
b. ego
c. superego
d. conscious

76. The student who fails an examination is using rationalization if he tells his friends:

a. "It's not an important one anyway."
b. "Guess that the teacher meant what she said."
c. "The only reason I failed is because the questions were not clear."
d. "So what? I can always take the test again."

77. The little boy who follows his father around the workshop with his toy tool chest is using:

a. projection
b. identification
c. regression
d. sublimation

78. The things we involuntarily "forget" because the ego has pushed them into the unconscious mind illustrates use of:

a. projection
b. conversion
c. repression
d. suppression

79. The surgeon who lost one arm in World War II becomes a public health and sanitation expert. This illustrates use of:

a. sublimation
b. compensation
c. conversion
d. repression

80. The woman who seldom stops for a red light unless another car is coming freely expresses her objections to teenage driving on the basis of their carelessness. This woman is using the mechanism of:

a. identification
b. compulsion
c. projection
d. displacement

81. You would recognize the use of displacement by an employee who:

a. pushed a patient out of his path soon after being scolded by his supervisor
b. protested that the woman on the other shift changed the original reports
c. argued that he completed the reports in just the form he had been taught to use
d. told the supervisor to find someone else to do the "darned report"

82. Suppression is different from repression because the foundation lies in the:

a. conscious
b. subconscious
c. unconscious
d. id

83. The woman who criticizes the faults of other employees and denies that she has the same faults is using:

a. introjection
b. projection
c. rationalization
d. compensation

84. Conversion is a mental mechanism that allows its user to:

a. find an acceptable excuse for his behavior
b. blame someone or something for his action
c. escape all responsibility
d. express emotional problems through physical symptoms

85. In a family group in which the health of all the members is of interest to the parents, they will try to:

a. allow each member to express themselves freely at any time
b. free the children of responsibility so they will have time to grow up
c. limit the wants of each member so the family interests get proper attention
d. balance the needs of each member with those of the whole family

86. Which factor concerning hospitalization is most likely to make the patient anxious?

a. The hospital is very large with five hundred beds
b. The admitting personnel do not explain what is expected of her
c. The doctor is not present when the patient arrives
d. The food is of poor quality

87. The first step the nurse would take in intervening in the patient's anxiety is to help the patient:

a. learn new ways of dealing with the threat
b. re-evaluate the threat to himself
c. see the real cause of his anxiety
d. recognize that he is anxious

88. The result of a defensive response by the nurse to the hostile patient is to:

a. decrease the hostility of the nurse
b. reinforce the hostility of the patient
c. relieve the anxiety of the nurse
d. encourage ventilation of the patient's feelings

89. The deliberative approach in talking with patients is best described as:

a. responding in whatever way will make the patient most comfortable
b. making statements or asking questions with a purpose
c. taking full responsibility for correcting the patient's behavior
d. purposefully encouraging expression of the patient's feelings

90. The nurse avoids asking questions that start with "why" because:

a. the patient usually does not know the reasons for her behavior
b. it is none of his business why the patient behaves as she does
c. the patient will feel the nurse is prying into her private affairs
d. it indicates disapproval of the patient's behavior

91. A psychosomatic illness is best described as:

a. one in which the same act is repeated over and over
b. two opposing emotions occurring at the same time
c. dread of an object that is not really dangerous
d. a physical illness in which emotions are a major factor

92. Crying while watching a sad movie is an example of the defense mechanism known as:

a. identification
b. regression
c. projection
d. compensation

93. To maintain mental health it is best to handle stress by:

a. refusing to think about the problems of everyday living
b. avoiding routine tasks or activities
c. channeling frustrations into constructive work
d. observing the faults of people around you

94. Which of the following statements is true regarding mental illness?

a. All mentally ill persons are dangerous and destructive
b. A person who is mentally ill is mentally retarded
c. Mental illness is the major health problem in the United States
d. There has been a gradual decrease in the occurrence of mental illness in this country

95. One of the most important requirements for those who care for the mentally ill is:

a. a knowledge of psychiatric terminology
b. recognition of the mentally ill as persons who are sick and in need of help
c. realization that mental illness is nearly always curable
d. the ability to control and prevent emotional outbursts in others

96. A person who is mentally healthy has all of the following characteristics <u>except</u>:

a. being independent without offending others
b. having a sincere concern for others
c. placing his values on material things rather than inner worth
d. being able to accept himself as he knows himself to be

97. Which of the following would be the best means of helping an overactive patient?

a. Isolating the patient so she will not be stimulated by other patients
b. Restricting her activities by mechanical restraint so she will not exhaust herself
c. Providing some reasonable activity, such as playing softball or basketball
d. Assigning her to the task of stripping all the beds in the ward and remaking them so she can work off some excess energy

98. Mr. Fisher is an extremely quiet patient who sits in a corner of the ward for hours on end. In order to help Mr. Fisher, it would be best for the nurse to:

a. ignore him until he shows some sign of wanting help
b. encourage Mr. Fisher to play ping-pong or checkers with another patient
c. take a few minutes during the day to sit with Mr. Fisher and listen to him when he wants to talk
d. warn the other patients not to talk with Mr. Fisher because he obviously wants to be left alone

99. A very serious mental breakdown with severe personality change is best described as a/an:

a. neurosis
b. emotional disturbance
c. hypochondria
d. psychosis

100. Organic behavior disorders differ from functional types of mental illness in that organic disorders are:

a. always directly related to the individual's environment
b. found only in elderly persons
c. a result of injury to the brain cells or nervous system
d. a result of inherited defective genes

101. The suicidal person:

a. usually experiences a sudden and severe psychic shock immediately before she attempts suicide
b. rarely gives any warning that she may take her own life
c. is likely to consider herself superior to others
d. has a profound feeling of unworthiness

102. Which of the following states of mood is most likely to lead to suicide?

a. Depression
b. Defiance
c. Elation
d. Disorientation

103. Behavior modification is based on the theory that:

a. most people have some neurotic behavior
b. all behavior must be "tested" in a real situation
c. all behavior is learned and is repeated only if rewarded
d. the person has not learned to communicate effectively in the past

104. According to Erickson, the first stage of development identified as the basis for normal mental development is:

a. autonomy
b. trust
c. generativity
d. identity

105. According to Erickson, the stage of development in which the person is concerned mostly with building a family and defining roles for each member is:

a. involution
b. generativity
c. initiative
d. industry

106. According to Erickson, the stage of development when the child learns to say "no" and "mine" is:

a. autonomy
b. identity
c. initiative
d. industry

107. Which of the following medications, when given IM, causes the greatest decrease in blood pressure?

a. Atropine
b. Compazine
c. Sparine
d. Thorazine

108. Which of the following would not be necessary to remove from the room of a patient with suicidal tendencies?

a. Belt
b. Glassware
c. Newspaper
d. Razor blades

109. Which of the following is not a physical effect of using opiates?

a. Dilated pupils
b. Reduced respirations
c. Depression of the cough reflex
d. Reduced cardiovascular activity

110. The drug used to help in the treatment of heroin addiction is:

a. Meprobamate
b. Methadone
c. Marijuana
d. REM

111. Which of the following is not true of the addicted person?

a. A change in sleep pattern
b. Inconsistencies in behavior
c. Personality change
d. Sudden interest in all members of immediate family

112. Rationalization is demonstrated by the:

a. man who gives his wife a hard time because he is mad at his boss
b. student who always has a plausible reason for being late
c. quiet student who seems to be day-dreaming most of the time
d. uneducated woman who becomes a successful business woman

113. You will be more effective in psychiatric therapy if you:

a. have anxieties equal to those of the patients
b. have some understanding of your own feelings
c. are apprehensive toward experiences on the psychiatric unit
d. probe the patient's feelings concerning his past experiences

114. To record observations of mental patients, you would correctly:

a. note your interpretations of her behavior
b. quote the exact words of the patient
c. describe behavior and conversation in general terms rather than specific terms
d. omit words of behaviorism that are vulgar

115. Mr. J. pointed to the blank wall and stated, "Those indians have been dancing up there all night. Please make them stop." This symptom is:

a. hallucination
b. obsession
c. illusion
d. delusion

116. Ms. H. is a patient who is extremely anxious. She has an irresistible urge to count each person who passes in front of her and washes her hands so much that they are red. If the nurse interferes with her hand-washing routines, it is likely that she will respond by:

a. becoming more anxious
b. readily giving up hand washing
c. seeming relieved
d. showing little emotional response

117. Which of the following statements is true concerning mental illness?

a. Mental illness is treatable
b. All mental illness is curable
c. All mentally ill people are dangerous
d. Mentally ill patients have strange powers

118. The main reason for placing a mentally ill person in a mental hospital is:

a. to put him away in order to better society
b. because his family finds his behavior embarrassing
c. so his friends won't make fun of him
d. the hospital will offer the patient help in recovering from his illness

119. The field of medicine specializing in diseases of mental illness is called:

a. pediatrics
b. gynecology
c. psychiatry
d. endocrinology

120. The method of admission to a mental hospital in which a patient retains her civil rights is:

a. trial by jury
b. trial by psychiatric jury
c. voluntary admission
d. court injunction

121. An extremely high level of anxiety is known as:

a. fear
b. panic
c. tremor
d. agitation

122. Regression is best defined as:

a. resuming behavior typical of an earlier level of development
b. pushing unacceptable ideas from consciousness
c. turning of interests inward toward self
d. presenting acceptable reasons for unacceptable behavior

123. Ideas of reference are best described as:

a. presentation of acceptable reasons for unacceptable behavior
b. giving special personal significance to the ordinary actions of others
c. thoughts which change from subject to subject without reason
d. adopting ideas, feelings, and behavior of idealized persons

124. Insight may be defined as:

a. a humble evaluation of one's abilities
b. tendency to question one's motives
c. appropriate understanding of one's feelings and behavior
d. ability to adapt to change

125. Sublimation can most accurately be defined as:

a. substitution of similar goal for the one being blocked
b. adopting ideas, feelings, and behavior of idealized persons
c. finding socially acceptable expression of unacceptable impulses
d. escaping painful situations through daydreams and fantasy

126. Repression can best be understood as a/an:

a. unconscious effort to remove unacceptable thoughts from awareness
b. resumption of behavior typical of earlier years
c. conscious forgetting of one's activities, impulses, desires
d. expression of opposite of how one really feels

127. An obsession is:

a. a pathological, persistent, repetitive, and unwelcome thought
b. clouding with delusions
c. exaggerated concern over health and well-being
d. interpreting all events as related to oneself

128. A compulsion is best defined as:

a. a group of repressed behaviors
b. development of a desirable trait to disguise an undesirable one
c. irresistible urge to repeat an act again and again
d. opposing and resisting all suggestions by others

129. Displacement consists of:

a. directing repressed energy to useful goals
b. unconscious transfer of feelings from one object or situation to another
c. developing desirable characteristics to conceal repressed tendencies
d. conscious replacement of undesirable feelings

130. Symbolization is:

a. transfer of conflict to a physical symptom
b. representation of an idea or object by a meaning-bearing sign
c. unconscious attempt to make oneself like another whom one admires
d. repeating an act to block out guilt feelings

131. Ambivalence is best defined as:

a. unusual persistence of an unpleasant feeling
b. ability to change one's attitude with meaningful evidence
c. coexistence of conflicting emotions toward a person or thing
d. barring unwanted emotions from consciousness

132. An obsessive-complusive reaction is characterized by:

a. expression of unconscious desires through physical symptoms
b. extreme negativism
c. presence of delusions
d. compelling, repetitive, and ritualistic behavior patterns

133. The purpose of recreational therapy and occupational therapy in the mental hospital is to provide a/an:

a. means to release tension and develop outside interests
b. opportunity to produce objects symbolic of their fears
c. regular and enforced change of environment
d. stimulus for acquiring new skills

MENTAL HEALTH AND PERSONALITY DEVELOPMENT
UNITS I, II, III, and IV

ANSWER SHEET

1.	b	26.	b	51.	d	76.	c
2.	c	27.	c	52.	b	77.	b
3.	b	28.	a	53.	d	78.	c
4.	c	29.	c	54.	c	79.	b
5.	b	30.	a	55.	c	80.	c
6.	a	31.	c	56.	a	81.	a
7.	a	32.	a	57.	c	82.	a
8.	a	33.	b	58.	a	83.	b
9.	c	34.	a	59.	c	84.	d
10.	c	35.	c	60.	b	85.	d
11.	a	36.	c	61.	c	86.	b
12.	c	37.	b	62.	d	87.	d
13.	a	38.	b	63.	d	88.	d
14.	a	39.	d	64.	c	89.	d
15.	a	40.	a	65.	b	90.	a
16.	c	41.	b	66.	b	91.	d
17.	a	42.	b	67.	c	92.	a
18.	d	43.	c	68.	a	93.	c
19.	b	44.	c	69.	b	94.	c
20.	c	45.	b	70.	c	95.	b
21.	c	46.	c	71.	a	96.	c
22.	a	47.	d	72.	b	97.	c
23.	b	48.	c	73.	d	98.	c
24.	d	49.	a	74.	b	99.	d
25.	b	50.	b	75.	b	100.	c

101. d
102. a
103. b
104. b
105. b
106. a
107. c
108. c
109. a
110. b
111. d
112. b
113. b
114. b
115. a
116. a
117. a
118. d
119. c
120. c
121. b
122. a
123. b
124. c
125. c
126. a
127. a
128. c
129. b
130. b
131. c
132. d
133. a

Advanced Personal
Vocational Relationships.

LEGAL AND ETHICAL RESPONSIBILITIES OF THE LPN
UNITS I and II

1. For a will to be valid, it must be made:

   a. in the presence of at least two witnesses (in most states)
   b. in the presence of the attending physician
   c. in the presence of a lawyer
   d. with the assistance of a nurse if the patient is under sedation

2. Mandatory licensure laws are laws that:

   a. permit the licensing of all persons working in a hospital
   b. allow only graduates of approved schools in that state to obtain a license
   c. require all nurses to have current licenses in the state in order to practice
   d. demand payment of required fees before a license can be issued

3. If a nurse plans to move from one state to another and wishes to obtain a license to practice in the new location, she can obtain a license:

   a. only by passing the state's examination for nurses
   b. by filling out an application and paying the required fee
   c. automatically by writing for it
   d. only by meeting the individual requirements of the state board of nursing issuing the license

4. The state board of nursing has the power to suspend or revoke a license that has been issued:

   a. if the nurse desires to become inactive
   b. if the nurse seeks interstate licensure
   c. if [illegible]rse becomes crippled
   d. [illegible] willful violation of the Nurse Practice Act

5. When the practical nurse performs in a negligent manner, the nurse should do all of the following except:

   a. admit the error
   b. only document the error in the patient's chart
   c. record the error, how it was corrected, and result on chart
   d. notify the physician

6. The misuse of restraints or the detention of a patient may be termed:

   a. false imprisonment
   b. justifiable detention
   c. unordered restraint
   d. true imprisonment

7. Legal functions of state boards of nursing include all of the following except:

   a. examining, licensing, and renewing licenses of qualified applicants
   b. presenting and adopting laws of the state pertaining to nursing
   c. surveying schools of nursing for accreditation purposes
   d. prescribing curricula and standards for schools of nursing

8. The State Board Examination is prepared by:

   a. the National League for Nursing
   b. each state's Board of Nurse Registration and Nursing Education
   c. the National Federation for Licensed Practical Nurses
   d. the Amercian Nurses' Association

9. The passing score on the State Board Examination is (in Okla.):

   a. 400
   b. 300
   c. 350
   d. 325

10. An act that is such a flagrant and reckless disregard for the safety of another that it endangers that person's life is:

    a. contributory negligence
    b. criminal negligence
    c. assumption of risk
    d. mental incompetence

11. Unreasonable conduct by the patient that helps to cause an injury is known as:

    a. contributory negligence
    b. criminal negligence
    c. assumption of risk
    d. mental imcompetence

12. To obtain a judgment against a health care person, the patient must present evidence of all of the following except:

    a. show the person owed a duty to the patient
    b. show the person breached that duty
    c. show that the breach was indirectly responsible for the patient's injury
    d. show that damages resulted from the breach of duty

13. A chart is considered legal evidence in court. To be of legal value, the signature of the RN or the LPN must always be:

    a. typed
    b. printed
    c. charted in blue ink
    d. written after each entry on the chart

14. The headings on the chart sheets require certain information about the patient. The responsibility for filling in these chart headings belongs to the:

    a. head nurse
    b. night nurse
    c. person who adds a new sheet
    d. person who completes the sheet

15. Ms. X has recorded information about Ms. Brown on the chart of Mr. Jones. Since several nurses have recorded observations about Mr. Jones on this same page, the nurse must recopy the entire page. Legally, the incorrect page must be:

    a. filed in the record room
    b. destroyed
    c. filed at the back of the chart
    d. sent to the office of the medical assistant

16. The practical nurse has recorded the temperature of an irrigating solution as 150°F instead of 105°F. To indicate this mistake, it will be necessary for the nurse:

    a. to recopy the entire chart
    b. to eradicate the mistake and correct it with red ink
    c. to draw a line through the mistake and write ERROR over it
    d. to recopy one page

17. Changing jobs frequently is:

    a. stimulating and keeps one from getting in a rut
    b. considered a poor practice because it gives one a reputation for being unreliable
    c. the best thing to do if you have trouble getting along with others
    d. better than sticking with the job and trying to find out why you are unhappy with the work

18. There are several different types of licensure for practical nurses. The type of licensure a practical nurse may obtain depends on the:

    a. federal law governing licensure of all nurses
    b. state law governing licensure of practical nurses
    c. decision of the state board
    d. amount of nursing experience

19. Nurse practice laws are passed by the:

    a. state boards of nursing
    b state legislatures
    c. Congress of the United States
    d. U.S. Office of Education

20. A personal data sheet should contain:

    a. personal information
    b. work experience
    c. educational information
    d. immunization record

21. A letter of application should:

    a. always be handwritten
    b. be put on colorful, personalized stationery
    c. be written with an ink that will contrast to the stationery
    d. be short and concise

22. The Good Samaritan statute protects the:

    a. patient
    b. family
    c. hospital
    d. person who volunteers assistance

LEGAL AND ETHICAL RESPONSIBILITIES OF THE LPN
UNITS I and II

ANSWER SHEET

1. a
2. c
3. d
4. d
5. b
6. a
7. b
8. a
9. c
10. b
11. a
12. c
13. d
14. c
15. c
16. c
17. b
18. b
19. b
20. a
21. d
22. d